

GET THE BIG PICTURE

100% CANADIAN SINCE 1982

NOVEMBER 2012 ISSUE 256

common ground

FREE MAGAZINE



Protect what you love

Adam McLeod, Dreamhealer

Intention Heals Workshop

December 9th Vancouver, B.C.

***“Adam is becoming one of the world’s most in-demand healers.”
- Rolling Stone Magazine***

Experience self-empowerment as Adam conducts 2 unique group healing sessions.

Adam, Molecular Biologist, First Nations healer and international best selling author, teaches you to focus intentions, embracing your healing powers.

**Register at:
www.dreamhealer.com**

“Ten years ago I was diagnosed with melanoma that metastasized to the lymph nodes. A month after attending your workshop the tumors had shrunk. The doctor was amazed at what had happened and I am cancer free now, Thank you! JD



Tell Members of Parliament to protect our natural health products

Dear M.P./ Hon. Member/ Rt. Hon. Member
(cc: Minister of Health, Leona Aglukkaq, Deputy Minister, Glenda Yeates)

Stop Health Canada from removing Natural Health Products without evidence of harm! Another valuable natural product, *nattokinase*, has been eliminated. Consumed in fermented soybeans for over 1,000 years in Japan, supplements have been sold in Canada for two decades with no incidents. Nattokinase **safely** prevents blood clots and lowers blood pressure. The real issue is not safety, but that it competes too effectively against pharmaceuticals such as Coumadin/ Warfarin, Aggrenox, Heparin, Lovenox, Plavix, Pradaxa, and Xalralto, all of which have caused death.

Health Canada (HC) tells MPs they take a risk-based approach to regulating Natural Health Products (NHPs), but this is not true. I can cause liver failure with Tylenol, make my intestines bleed with ASA, or kill myself with tobacco or alcohol, and all are readily available. Yet thousands of NHPs used to enhance health have been eliminated when the record shows ZERO Canadian deaths ever. This is a violation of common sense.

Health Canada's new regulations ruining Canadian small businesses

As Dr. Brill-Edwards, a former senior physician supervisor in charge of drug approval at Health Canada said regarding their approval process: *"There is no question that what is going on at Health Canada does not really protect citizens...in essence they're putting in a paper process that will push the small people out of the market place and leave it open for the larger pharmaceutical firms who will then come in and try to tell us that the products are now safer. They won't be safer because there's no real scrutiny about the quality of the product and the information about the product."*

Natural Health Products Directorate costly, unnecessary & damaging

Good Manufacturing Practices, ingredient testing for purity and potency and adequate labelling, which Canadian manufacturers perform for each product, have made Canadian NHPs the safest in the world. Yet HC has **denied approximately 30,000 NHP license applications** strictly from behind a desk, having nothing to do with whether a product is actually safe, but simply whether they can find fault with its application. The only testing the agency does is on polluted products manufactured in *China*... not Canada. When HC broadcasts their findings, it spawns doubt in consumers and politicians and helps justify having eliminated so many high-quality domestic NHPs. **HC has also told industry that in 2013 they will be retracting existing NHP licenses. *Once started, where will this process end?***

Health Canada claims to have approved over 50,000 products, but they artificially inflate this total by counting the exact same product each time it is sold under a different label. (In this way, the same product may be counted 50 or more times.) Meanwhile, they have licensed fewer than 40,000 products when we started with 70,000+ in 2004. Also consider tens of thousands of blocked U.S. imports and then ask yourself: "Was it really Parliament's intention to protect Canadians by eliminating more than half their Natural Health Product choices?"

NHPs not dangerous, yet another safe natural product eliminated

If the eliminated NHPs were so dangerous, why did HC allow sale while applications were being processed? For example, nattokinase and others have been sold since the Regulations started in 2004. Why? Because they're **not** dangerous! If a natural ingredient is **actually** dangerous it is removed immediately and listed in the *Prohibited Substances in the Food and Drug Regulations*. Medication interactions can be easily addressed with adequate labelling. As for efficacy, surviving market pressures for years is evidence enough.

Health Canada ignored Parliamentary Committee recommendations

In 2004, Health Canada ignored Parliament's multi-year process that taxpayers funded. Instead of giving NHPs their own unique third category, HC placed NHPs as a subclass of "Drugs" and applied standards that they knew thousands of non-patentable NHPs could not meet. They also forced countless authentic Natural Health Products to reformulate, yielding less effective products, while issuing Natural Product Numbers (NPNs) to hundreds of pharmacy items such as nicotine patches, Ex-Lax and TUMS.

HC eliminates healthy choices

As soon as healthy food ingredients like ginger or parsley are put into capsules, according to Health Canada, they magically become "Drugs." Why? Because the definition of a "Drug" is based on what a substance is used for, NOT based on what it actually is. It could be sawdust, but if you swallowed it to modify a physical function, as per HC, it is considered a "Drug." As such, the manufacturer is *forced* to make a claim and then to prove it. Often unrealistic, ominous label warnings are demanded, scaring consumers away from NHPs and making them more likely to seek refuge in pharmaceuticals that may kill people! In this way, HC eliminates our choices while pretending to protect us from substances that have been used for millennia. And the pharmaceutical industry, in an insidious partnership with HC, maintains a stranglehold over healthcare. **The real issue is money and control, not safety.** Many MPs already know this. The question is: *when are you going to do something about it?*

The majority of people who put you in office want access to a wide range of natural health products. They need your stated support to protect their health and freedom to choose. Stand up for your voters now!

Natural Health Products are safe

As a voting Canadian citizen who supports Health Canada with my tax dollars, I want you to do whatever is necessary to Stop HC from removing any more natural health products unless there is concrete evidence of danger!

We need you to protect our access to natural health products

Currently HC can remove any product under totally subjective criteria, i.e. given reason to “believe” that an NHP “may” pose a risk.” Given NHPs safety record, if a product is produced in a licensed facility under Good Manufacturing Practices, the onus should be on HC to prove that it does pose a risk.

Thank you for your time and attention. Please reply in writing to the above concerns, as well as those listed below.

Signed Print Full Name

Date Constituency

Address

TRI-FOLD LINE - PLEASE FOLD - TAPE ALL 3 OPEN SIDES - NO STAPLES

Name:

Address:

.....

Postal Code:

M.P.

House of Commons

Parliament Buildings

Ottawa, Ontario

K1A 0A6



TRI-FOLD LINE - PLEASE FOLD - TAPE ALL 3 OPEN SIDES - NO STAPLES

ADDITIONAL COMMENTS / QUESTIONS

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Call the Minister of Health, Leona Aglukkaq at 613-992-2848 or Prime Ministers office at 613-992-4211. Find out more at NaturalHealthFreedomCanada.com and nhppa.org

TAKE ACTION NOW. MAIL TO YOUR MP!

Who will protect your favourite natural health products?

First they came for the Butcher Broom and I did not speak out – because I did not use Butcher Broom.

Then they came for the Horse Chestnut and I did not speak out – because I did not use Horse Chestnut.

Then they came for the Nattokinase and I did not speak out – because I did not use Nattokinase.

Then they came for the Gotu Kola and I did not speak out – because I did not use Gotu Kola. Then they came for the Citronella and I did not speak out – because I did not use Citronella.

Then they came for my favourite Natural Health Product that I did use – and there was no one left to speak out for the safe natural products that have kept me healthy all these years.

So speak up now. On page three of this issue of *Common Ground*, you can take action. Send in the letter, postage-free, to your MP and add your personal note. Ask at your local Health Food Store or go on-line to learn more about the thousands of Natural Health Products (so called NHPs) that have been discouraged, eliminated or watered down. Your access to traditional natural health products that are safe and which have helped people for hundreds of years is being limited.

Now, Big Pharma's lobbyists have wormed their way into the health products industry's trade associations for their own agenda. They have deceived the well-intended into believing that Health Canada's Natural Health Protectorate will help protect our thriving grassroots health industry. Well, so far, the small grassroots producers have not been helped although many NHPs and their Canadian companies have been "helped" out of business! Why are they doing this?

Because big pharmaceutical interests want it all.

The more successful our natural health food industry became, the more Big Pharma got interested. They do not want safe, affordable natural health products competing with their expensive, patented, profitable drugs. They are doing what they have always done: go for the money, take out and take over their competition. It's not about whether the traditional natural product is healthy, but whether it contains an ingredient Pharma can isolate and control for their profit. It's time to act and protect natural health products.

Apologies to Pastor Martin Niemöller (original version follows):

First they came for the communists and I did not speak out – because I was not a communist.

Then they came for the socialists and I did not speak out – because I was not a socialist.

Then they came for the trade unionists and I did

not speak out – because I was not a trade unionist

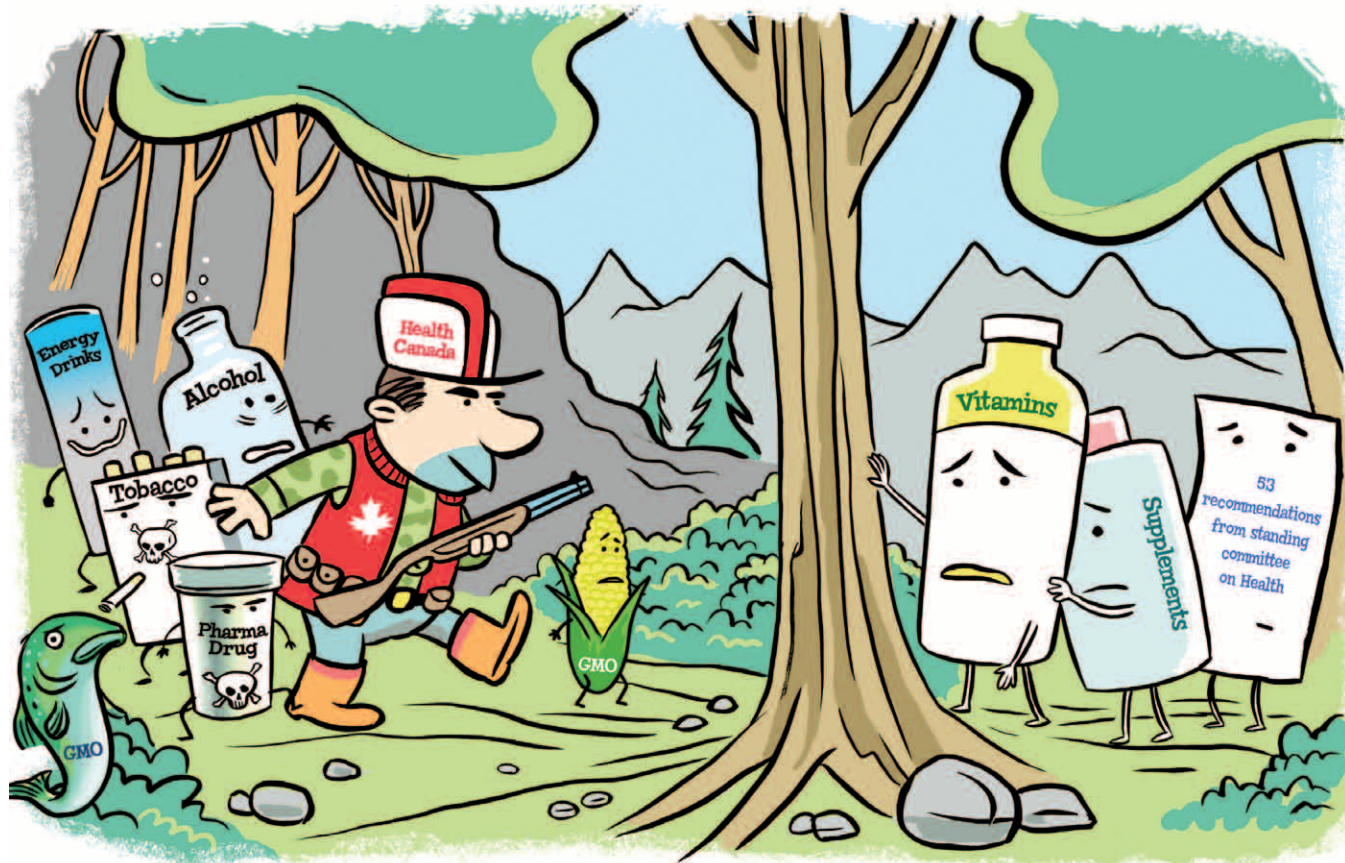
Then they came for the Jews and I did not speak out – because I was not a Jew.

Then they came for me – and there was no one left to speak out for me.

The statement above was published in the book, *They Thought They Were Free*, by Milton Mayer (1955), based on interviews conducted in Germany years earlier. The quotation inspired civil rights activists and educators around the world. Some research traces the text to several speeches given by Niemöller in 1946.

"There were no minutes or copy of what I said, and it may be that I formulated it differently," Niemöller recounted. Though the exact wording may vary, the basic message hits home.

Jazz musician, Charles Mingus, used a variation on the poem introducing his composition *Don't Let It Happen Here*. ◀



ENDANGERED SPECIES
CAUSE OF DEATH: PREDATORY REGULATION

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Adam Sealey,
 Alastair Gregor, Phil Watson
Design & Production - www.perbluesky.ca
Proofing - Anthony Prosk
Special Events Coordinator - Alastair Gregor

Contributors:

Robert Alstead, Alan Cassels, Helen E. Day,
 Alastair Gregor, Tsiporah Grignon,
 Carolyn Herriot, Wendy Holm,
 Mac McLaughlin, Vesanto Melina,
 Geoff Olson, Chris Philpott,
 Gwen Randall-Young, Joseph Roberts,
 Jeff Rubin, David Suzuki, Eckhart Tolle

Sales - Head office 604-733-2215
 toll-free 1-800-365-8897

Contact Common Ground:

Phone: 604-733-2215 Fax: 604-733-4415
 Advertising: adam@commonground.ca
 philwatson.cg@gmail.com
 alastair@commonground.ca
 Editorial: editor@commonground.ca

Common Ground Publishing Corp.
 204-4381 Fraser St.
 Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept. 204-4381 Fraser St.
 Vancouver, BC V5V 4G4
 ISSN No. 0824-0698

Copies printed: 72,000

Over 250,000 readers per issue
 Survey shows 3 to 4 readers/copy
 Plus online at www.commonground.ca

Annual subscription is \$60 (US\$60) for one
 year (12 issues). Single issues are \$6 (specify
 issue #). Payable by cheque, Visa, MasterCard,
 Interac or money order.

Printed on recycled paper with vegetable inks.
 All contents copyrighted. Written permission
 from the publisher is required to reproduce,
 quote, reprint, or copy any material from Com-
 mon Ground. Opinions and views expressed in
 the articles do not necessarily reflect those of the
 publishers or advertisers. Common Ground Pub-
 lishing Corp. neither endorses nor assumes any
 liability for any and all products or services ad-
 vertised or within editorial content. Furthermore,
 health-related content is not intended as medical
 advice and in no way excludes the necessity of
 an opinion from a health professional. Advertis-
 ers are solely responsible for their claims.

features

- 3 **Tell your MP to stand up for your
freedom to choose natural health products**
- 5 **Who will protect your favourite natural
health products?**
Joseph Roberts
- 7 **Defend our coast**
- 9 **The power of cooperation**
Wendy Holm
- 10 **Evidence vs. Eminence**
Alan Cassels
- 18 **Practical Utopia**
Chris Philpott
- 20 **Face beauty naturally**
Helen E. Day
- 22 **My life with a monetary theorist**
Tsiporah Grignon
- 28 **A tribute to Ken Capon**
Alastair Gregor
- 36 **The slow burn: fire as fable and fortune**
Geoff Olson
- 40 **Using less energy the real alternative**
Jeff Rubin

columns

CULTURE

- 21 Post VIFF, more festivals
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

- 19 Climate deniers almost extinct
SCIENCE MATTERS
David Suzuki

FOOD

- 14 Good Eats *La Dolce Vita*
Alastair Gregor

HEALTH

- 12 Buy organic – it's worth it
NUTRISPEAK Vesanto Melina

ORGANICS

- 13 Urban beekeeping
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

- 26 As without, so within
A NEW EARTH
Eckhart Tolle
- 29 Growing old with grace
UNIVERSE WITHIN
Gwen Randall-Young

- 16 LETTERS
- 24 STAR WISE
- 30 RESOURCE DIRECTORY
- 38 DATEBOOK
- 39 CLASSIFIED
- 42 NEW FOR YOUR HEALTH



Cover photograph, **Brother Spirit Bears**, by **Ian McAllister**, Pacific Wild. Ian's photographs are on display at **The Great Bear WILD** exhibit at the Canoe Brewpub, 450 Swift St., Victoria, until November 30. The exhibit highlights issues in the Great Bear Rainforest on BC's central and north coast and illustrates how the cultures, communities, ecosystems and livelihoods are threatened by the proposed Northern Gateway project. Visit PacificWild.org to find out more about their important work including ending the bear trophy hunt in the Great Bear. Click on "Take Action" tab to get involved. Visit facebook.com/GreatBearGuardians to support the Great Bear Sentinels program, another important initiative in ending the hunt. Call 604-618-7504 for info.



Attempted hijacking of the “Defend Our Coast” protest

“October 22, one of the largest acts of civil disobedience in Canadian history will take place on the lawn of the BC legislature,” Greenpeace had announced.

It was a dramatic statement so what actually happened? No arrests and, therefore, no civil disobedience took place. Yes, 20 or so people blocked a road in front of the legislature building for a while, but police were willing to block the road anyway as people left the rally. No civil disobedience took place, however, many activists pledged support.

Leading up to the Defend our Coast rally, the organizers gave it their best, trusting that the information gathered – like emails – would be shared among all groups involved. Over 80 people were handpicked to attend a seven-day organizational meeting at Hollyhock on Cortes Island. During the meeting, some tried to make the Enbridge Pipeline the dominant issue. Others tried to include Kinder Morgan and a few brought up the Pacific Trails Pipeline. Ultimately, Enbridge Oil Gateway and

Kinder Morgan were allowed to be the primary issues at the Defend our Coast rally.

The speakers’ list was tightly controlled to prevent people on stage from deviating from the Enbridge or Kinder Morgan issue. LNG terminal at Kitimat was out. The 300 Super Tankers per year (called Tankerbombs because each tanker carries the thermal equivalent of an atomic bomb) carrying Liquid Natural Gas (LNG) through the twisted Douglas Channel was out. The natural gas pipeline called Pacific Trails Pipeline was out. Coal exports were out. Coal mining in BC was out. The Defend our Coast issue was oil pipelines and oil tankers.

The emails collected by Greenpeace and Dogwood would become the property of these groups and not the coalition of groups that helped organize Defend our Coast. Over 4,500 signed up to Defend our Coast by giving their emails and pledges to place their bod-



ies on the front lines as “cannon fodder.” Grassroots groups like Forest Action Network, which had done the bulk of the DoC organizing, were not given access to the email addresses.

Pacific Trail Pipeline is a prime issue but it is being avoided by some large environmental groups in BC. Why? The gas issue is a trailblazer for the oil issue. Once they have an energy corridor for gas, the oil line will be a much easier go. (The Pacific Trails Pipeline is owned by a limited company that has silent partners. Furthermore, Enbridge is invested in natural gas in BC.)

Many enviros believe that a group of industrial collaborators masquerading as environmental- *continued p.15...*

 **OregaPet**
Natural First Aid with Oil of Oregano



Tested on Humans for Pets!

Disinfect Your Pet Inside and Out!

www.oregapet.com
Brought to you by Joy of the Mountains™



Pasture to Plate
Grassfed Meats!

The Butcher on The Drive
Beyond organic; bio-dynamic from pasture to your plate.

1420 Commercial Dr, Vancouver • 604-215-0050
www.pasture-to-plate.com

Complementary and Integrative Medicine

Begin with us.
End up wherever you want.

Full-time and part-time programs in:

- School of Holistic Nutrition
- School of Integrative Health
- School of Western Herbal Medicine
- School of Acupuncture and Oriental Medicine



PACIFIC RIM COLLEGE

Accepting Applications for 2013 Programs • www.pacificrimcollege.ca
229-560 Johnson Street, Victoria, BC • e: info@pacificrimcollege.ca


PEOPLE WHO GET ENOUGH B VITAMINS ARE

HAPPIER

THAN THOSE WHO DON'T.

B vitamins are critical to the formation of the brain chemicals dopamine, epinephrine, and serotonin that are key to stable moods and a greater feeling of happiness. Are you getting enough B vitamins?

Let us help you with that.



Nature's Fare Markets
Live well. Live organic.

Kamloops Kelowna Langley Penticton Vernon West Kelowna
www.naturesfare.com

LOCAL • ORGANIC • BISTRO • PRODUCE • GROCERY • VITAMINS • SUPPLEMENTS • BEAUTY • HOUSEHOLD

The power of cooperation



In this United Nations 2012 International Year of Co-operatives, communities around the world are understanding that co-operative principles are... a powerful mainsail that, well-set, can stimulate the social capital of communities to build a better world.

if co-operation is our birth-instinct too? Does the fact that (we believe) we no longer need to co-operate to “survive” mean our instinct and skill for co-operation has atrophied?

Have we all drunk the capitalist Kool-Aid and lost our way? Can we de-toxify? Because we are running out of time.

Already, profits are generated not from creating goods for use by society but through the use of financial instruments such as hedges, derivatives and futures. We have replaced productivity with arbitrage. Capitalists have rid themselves of all the “problematic” aspects of making money – coordinating and managing labour, raw materials and bricks and mortar. All they now need are borderless financial networks, wage and regulatory disparities, currency instability and a betting mentality.

The world financial crisis provides both the impetus and the necessity to take control of our economic institutions, to find ways to reduce global disparities in income, social infrastructure and human rights. To give a decent burial to the theories of Smith, Ricardo and other 18th century economists, who lived in a very different world and whose dry and brittle bones are used by shamans of the Chicago School to conjure up the myths of globalization (“competitiveness,” “jobs”) to justify unfettered flows of capital.

In this United Nations 2012 International Year of Co-operatives, communities around the world are understanding that co-operative principles are not a sea anchor tying us to the past, but a powerful mainsail that, well-set, can stimulate the social capital of communities to build a better world.

NOTE: My graduate work in the co-op masters program at Sobey School of Business, Saint Mary’s University, Halifax focuses on why good co-ops fail. Often, the culprit is a failure of agency (governance) and a lack of financial transparency. Dairyland is my case study. ◀

Wendy Holm is an award-winning agrologist, columnist and speaker based in Vancouver. www.wendyholm.com

Walking to the barn in the chill morning air, you make a mental note to check the woodpile. Are there enough logs to get you through the winter? It takes two to keep a fire going, more to set the hearth ablaze.

Even a fire is built on co-operation.

Neo-conservative gurus would have you believe that co-operation is a soft, woolly concept. That it is greed that drives the economy. Without greed, they say, no one would take risks. The role of government is to safeguard the greedy risk-taker from his bad decisions (bankruptcy protection) and make it easy for him to join with others (joint venture arrangements; publicly traded shares) to forage for money like pigs for truffles, offloading risk to investors.

Today, trade agreements have little to do with trade (barriers are already quite low) and all to do with allowing the pigs their truffles.

With details buried in secretive multilateral negotiations (shared with corporate partners but not with citizens), conditions are imposed and domestic laws overridden that would never pass muster in the normal legislative process.

The Trans Pacific Partnership is a good example: in addition to threatening our domestic supply management system, it will strengthen copyright and drug patent protection (raising the cost of health care) and override domestic laws concerning the environment, workplace safety and investment.

The expectation is that greed – the puppet master guiding the invisible hand of the market – will create jobs and investment.

But what if they’re wrong? What if capitalism is yesterday’s economic model? What if our true instinctive nature is not greed, but co-operation? What if the interests of the community *and* the individual can be mutually satisfied?

Sitting in my office on Canada’s wet coast, looking out on the calm, rainy waters of Howe Sound, I watch with fascination as hundreds of small water-birds repeatedly cluster together and then – as if on command, with Rockette-like precision – space themselves out again in long and improbably straight lines. Then swim in unison, keeping the line’s edge crisp, towards the shore.

Sometimes they form one line, other times two. Often the lines move forward with the birds shoulder to shoulder, like a squeegee on a window. At other times, the line moves forward in a snake-like fashion, beak-to-tail-feathers, obedient school children in strict single file. When they re-group en masse in the shallow water, they dive a lot, harvesting the fish they have herded into their tight little circle.

How do they do it? How does it happen like that, so precisely? How can a flock of hundreds of birds share knowledge to such an intimate level that each knows exactly what to do and when to do it in such eloquent coordination? With such flawless co-operation?

And if these little birds can do it, why can’t we?

For the birds, co-operation is a survival strategy: success at fishing means they get to eat. Pretty basic. We were once like that. When our forefathers/mothers settled the West, they relied on neighbours to survive and co-operation became the building block of community.

What if we Canadians, like the little Howe Sound birds, are also born with the “co-operation gene”? What



Briefing Notes on Prescription Drugs

Evidence vs. Eminence

What is “Eminence-based Medicine”? It means relying on the opinion of a medical specialist or other prominent health official when it comes to health matters, rather than relying on a careful assessment of relevant research evidence. You might be asking, “Who am I to question an ‘expert,’ especially a physician, a specialist or a prominent medical researcher who knows so much more than me?” Here are a few recent examples of Eminence-based Medicine in the real world, which hopefully will leave you questioning.

Exhibit A

Recently, an Australian journalist shared with me the thoughts of a very prominent professor of medicine concerning cholesterol-lowering drugs. This national expert is one of the authors of Australia’s lipid guidelines – guidance for doctors on cholesterol-lowering or statin drugs – and he weighed in with his opinion around the benefits and harms of statins.

His answers sounded very authoritative, citing studies and reports that buttressed an unmistakable love of statins. He also cherry-picked his data, selecting and presenting research evidence that supported his love affair, concluding that most people, even people at moderate risk for heart disease, should be taking a statin. Saying that double-blind trials provide incontrovertible proof that statins reduce the risk of heart attacks and are among the “safest class of drug ever developed,” he maintained that more people needed to take these drugs. Risks? He said that the “risks of side effects are less than 0.1%.”

If you prefer evidence to expert testimony, you’d look for the most reliable research studies out there and compile them into an analysis that made sense, using methods that are clear and replicable. Above all, referring to single studies is bad, bad, bad because a single study only represents a small slice of research. If you present a study and I counter with a study that found the opposite, the resulting ping-pong game would leave us both exhausted, but no smarter. Instead of single studies, you need to demand, and depend upon, overviews of all available research in an area, such as a systematic review of the literature. This is the kind of stuff produced by the Cochrane Collaboration (www.cochrane.org) and on statins it tells a very different story.

The Cochrane review says statins for primary prevention – drugs to prevent a person’s first heart attack – might have some benefit but they can’t say for sure. The story is incomplete. Their overview of the best quality research is hampered by the fact that some companies refuse to release the full set of adverse event data. Other research suggests that 0.1% risk of side effects is a gross underestimate in the real world and as many as 20% of patients experience muscle weakening when taking statins. So whom do you trust – the expert claiming these are the safest drugs in the world or the evidence that says we actually don’t have a full picture of the safety of these drugs? As one doctor once told me, “In God We Trust, all others must show data.” To which I say, Amen.

Exhibit B: flu drugs

BC launched a very aggressive anti-flu policy this fall, with health care workers being forced to get the flu shot or wear a mask. The rationale is that anyone caring for patients shouldn’t also be passing on viruses to them and making them sick. Fair enough. But does the evidence support mandatory flu shots for healthcare workers? Does the vaccine even work to prevent the spread of the virus?

BC Provincial Health Officer Dr. Perry Kendall thinks so and so do some of his colleagues, including Dr. Paul Van Buynder, Chief Medical Officer of Fraser Health. A researcher friend of mine asked Dr. Van Buynder for the evidence used to support

Worried about **Heart Health** or **Memory Loss?**

TRISTAR NATURALS
★ Purity ★ Potency ★ Freshness

You love with your heart. You think with your mind. Power them both and help meet their daily demands with an effective Omega-3 supplement ideal for supporting cardiovascular and cognitive health. Carefully formulated from quality sourced fish oil, and tested to be free of toxins, TriStar Naturals Omega-3 liquid and softgels are the perfect choice for living healthy, every day.

100% Tested
for Purity, Potency & Freshness

Natural Lemon Flavour
EPA 800 mg | DHA 500 mg

Norwegian Source
EPA 400 mg | DHA 200 mg

- An excellent source of Omega-3 fatty acids to help maintain better cardio and cognitive health including brain function
- Great-tasting natural lemon flavoured liquid providing superior absorption
- Enteric coated softgels help ensure an easy transition from the stomach to the small intestines before they’re dissolved
- Deep water harvest, non-farmed fish source, also features Vitamin E
- Tested to be free of heavy metals, dioxins and PCBs

“The purity, potency and freshness of TriStar Naturals Omega-3 makes it an excellent supplement for your better health needs.”

Dr. Zoltan P. Rona

Watch Dr. Rona’s video “**Getting Thin on Omega-3 Fats**” by scanning this code with a QR reader app on your smartphone.

www.TriStarNaturals.com

The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

this new policy. He received a reference list that fits into the 'shotgun' category of literature reviews, containing dozens and dozens of references, some relevant studies as well as editorials, commentaries, eminent opinions and other detritus. Hmm. And this is somehow supposed to placate us as a reasonable 'evidence base'?

When you use a shotgun, you're likely to hit something – maybe. Included in the province's 'evidence' to support the new policy was a whole range of studies and outcomes, including some deemed "biologically implausible," such as vaccinating health workers reduces death *by all causes*, which is to say the flu shot also prevents death by strangulation, gun shots and zombies.

To counter this, I looked for the sniper rifle and spoke to Dr. Tom Jefferson, a Rome-based researcher who produces flu vaccine reviews for the Cochrane Collaboration. He's been doing systematic reviews of flu vaccines and flu drugs for over a decade so he has more than a passing interest in the subject. Jefferson's team examined four large cluster randomized trials and one cohort trial of nearly 20,000 health care workers. The flu vaccine showed "no effect on specific outcomes: laboratory-proven influenza, pneumonia or deaths from pneumonia."

Since 1991, there have been 239 legal settlements,
totalling \$30.2 billion in federal and state penalties
levied against US pharmaceutical companies.


In other words, the flu policy, while eminently agreeable, is unsupported by evidence that has been systematically collected, critically evaluated and properly synthesized. BC is not the only jurisdiction to adopt a "trust us, we're experts" pose, but, in my opinion, that response is only fit for underlings, not intelligent, responsible healthcare workers facing the pointy end of a syringe this season.

Exhibit C

When my book came out last year, the *Vancouver Sun* asked me if I'd like to publicly debate the PSA test, a blood test used to detect signs of prostate cancer. "Whoopee," I said. I jumped at the chance to step in the ring with a prominent urologist at UBC over the value of a very controversial test for a disease that although occasionally fatal, mostly isn't, while the PSA test can make many men incontinent or impotent due to unnecessary treatment. The motto for the PSA test, synthesized by the United States Preventive Services Task Force, (google USPSTF), which uses strong systematic evidence gathering and synthesis is this: "Just Don't Do It." That drove the urologists nuts.

I really wanted to hear the urologist stand up and tell me the USPSTF evidence is wrong and we need to keep subjecting men to the PSA test. Two days before the debate, the urologist backed out and I understand why: Eminence-based medicine can look very silly in a public debate. He probably felt I was going to wipe the floor with him, but if you know any urologists who would like to debate the PSA with me, please contact me via www.alancassels.com

A final note

A recent study from US Public Citizen found that, since 1991, there have been 239 legal settlements, totalling \$30.2 billion in federal and state penalties levied against US pharmaceutical companies. There's a real laundry list of crimes, but defrauding the government, hiding drug safety information and hawking drugs for purposes beyond which they are approved are the main ones. Drug companies have pledged to change, signed 'corporate integrity agreements' and indicated they want to move on, promising a better future. We can be hopeful, but we also have to be realistic. Paying huge fines for illegal activity is one thing, but will they be still playing the Eminence game? Will they continue to fund their own experts and do research that goes through a selective reporting of 'the evidence?' Sadly, that's probably going to be the case so you must immunize yourself: keep asking questions and questioning answers. 

Alan Cassels is the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease**. **November 17:** Alan will give a talk on this subject at TEDx in Victoria: Victoria Conference Centre, 720 Douglas Street. <http://tedxvictoria.com>

Fight Hot Flashes and Night Sweats

the Natural Way



Nutri MENO™ is a great tasting liquid formula designed to help fight symptoms of menopause. Say "good-bye" to hot flashes, night sweats and mood swings!

- Helps to relieve hot flashes, night sweats and the symptoms of menopause.
- Aid to ease nervous tension and act as a calmativ.
- Features the herbal benefits of Black Cohosh, Sage, Gamma-Oryzanol, Chastetree, Maca, Dong Gui and Schisandra.
- Acts as a hormone normaliser to help stabilize menstrual cycle irregularities.



Nutri MENO
Liquid Menopause Formula

Featuring a great natural berry flavour with Black Cohosh, Red Clover, Gamma-Oryzanol, Maca, Sage, Chaste Tree Berry and Schizandra.

500 ml

"I have slept like a baby every night since I started taking Nutri MENO. I take one tablespoon at bedtime. I no longer have any daytime hot flashes or night sweats. Thank you... thank you...thank you!"



Sherri C. - Ajax

"After about two days of taking Nutri MENO I noticed a major change. My heavy duty hot flashes had gone completely. I stopped waking up in the night to a soaked pillow. It is wonderful!"



Pam S. - Ajax

Get up to **98% Absorption** with **Nutri MENO** liquid!
Capsules & tabs get only 20% - 40%*

Check us out on  

nāka
www.NakaHerbs.com
Live well and live healthy with Naka Herbs and Vitamins

The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.



Buy organic – it's worth it

A few years ago, there was little scientific support for the health advantages of organic produce. Now, scientific evidence is gathering that shows toxins in pesticides do us harm. Common sense would tell us to avoid pesticides, which evolved from the germ warfare industry and were designed to kill insects whose cells are like our own.


Recent travels took me to Copenhagen, Paris and San Francisco. It's clear that European consumers wholeheartedly support organic, GMO-free foods. And with Proposition 37 looming, California's media has lively ads for and against the labelling of genetically modified foods, while industry-funded farmers complain that labelling GMO foods will put them out of business. They believe if people are aware food is genetically modified, they won't buy it.

What would make us want to invest in organic produce instead of "conventionally" grown food that is often cheaper? Well, in Canada when we buy organic produce, we also get fare that is GMO-free. And "conventional" is an odd term to use here since the widespread application of pesticides and herbicides began only about 70 years ago when biological warfare scientists turned their talents to killing other forms of life.

Two experts who offer good reasons to eat organic, GMO-free food are Dr. Charles Benbrook of Washington State University's Center for Sustaining Agriculture and Natural Resources in Pullman, Washington and Derek Lynch, Canada Research Chair in Organic Agriculture at Nova Scotia Agricultural College. Among the many reasons are:

Protection for developing children: Science has shown that organophosphate insecticides may impact a growing fetus and affect IQ and other aspects of development. Children's growing bodies are particularly sensitive to pesticide risks and are exposed to higher levels per pound of body weight. The breast milk of vegetarians turns out to be far lower in pesticide residues than that of non-vegetarian moms. Since animals accumulate these toxins in their flesh, eating lower on the food chain (meaning plant foods) is beneficial. Organic meats contain fewer toxins than meat from animals fed standard, highly pesticides and herbicides crops. When dining in places where organic food is not available, it's better for meat eaters to stick to plant foods.

Vitamins, minerals and protective phytochemicals: Organic plants must develop more resources to fend off pests and their defensive components turn out to be good for us. In about 60 percent of the studies that compare nutrients, organic food turns out to be higher; in 30 to 35 percent, the nutritional value is comparable and in 5 to 10 percent, "conventional" has more nutrients. This research centres on the well-designed studies of the same variety of fruit and vegetable grown in similar locales.

When loaded with nitrogen fertilizer in a "conventional" orchard, apples can grow large and sweet yet the concentration of vitamins, minerals and phytochemicals is diluted and drops. 

Vesanto Melina is a BC dietitian, author and aspiring Vancouver resident (www.nutrispeak.com). To inquire about a home in a forming cohousing community with many nutrition conscious members, visit www.vancouvercohousing.com

What to buy, what to avoid

Choose organic. Even if you spend a little more, it's a fraction of the cost of a latté and you'll likely save later on healthcare. Among non-organic foods, choose Canadian blueberries, cabbage, carrots, cucumbers and tomatoes and Canadian or Dutch bell peppers. Apart from strawberries, Mexican produce also rates well. For more on this topic, check out CSPI's excellent Nutrition Action Health Letter (October 2012 <http://www.cspinet.org/nah/canada.htm>) Avoid food imported from South America (such as Chile). It can contain more pesticide residues.



Concentrated Restorative Cream
by LIFE CHOICE™

SATISFACTION GUARANTEED
OF YOUR NEXT BOX

Feel youthfulness on your skin with our rich
Concentrated Restorative Cream

- Softens and eliminates fine lines
- Evens out minor imperfections like scar tissues
- Improves skin tone and resilience with a tingling sensation when applied
- Formulated by a Naturopathic Doctor

Get more information:
LIFE CHOICE™
www.life-choice.net
1-866-226-1722

Life Choice...Because it works!
Since 1986

Exclusive to health food stores, compounding pharmacies and clinicians.

37% More Chocolate Bar. Without 37% More Price.

Our New 62g bars are the same price as the original 45g bars. Who Loves Ya?

giddyoyo.com

Free of Gluten, Nuts, Dairy, Soy, Refined Sugar & all other Nasty Funk!





Urban beekeeping

This year, a sharp decline in the bee population in my garden, eerily noted by the lack of the buzz of lively bees, made me quite concerned so I happily agreed to the installation of a Kenya top bar hive (Ktbh). In the process, I am learning about natural bee keeping. Top bars are “slats” to which bees attach and build a honeycomb. They are usually made from wood and rest across a long box or trough, the cavity of which contains the bees’ nest. The design of the Ktbh (an inverted trapezoid when seen in cross-section) allows the bees to maintain the natural


shape of their comb. Honeycomb in natural nests is built in the shape of a “U,” wider at the top than at the bottom, more stable when supported along the top edge. Each top bar with its comb, built from scratch by the bees, can be removed from the hive for examination, so the bees are disturbed less as the honey is collected and the hive is worked.



Important tips for building a Ktbh

1) The width of each top bar is equivalent to the natural width of a comb plus a bee-space (35 mm or 1 3/8 inches for European honeybees). 2) An outer lid or covering is provided over the bars for additional protection from the elements in the dormant season. 3) The sidewalls must be on a minimum 120-degree angle or the bees attach the combs to the walls. 4) Ideally, a 1/8-inch wire mesh is installed at the bottom to insure debris falls outside the hive.

There are many advantages to this method of natural beekeeping for urbanites that are happy to work the hives for frequent harvests of honey. To construct the Ktbh requires the purchase of few building materials and a minimum of carpentry skills; bars can be cut from recycled or purchased lumber. A Kenya top bar hive is relatively low-tech to build and a top quality hive can be constructed for around \$150. The combs can be removed easily for harvesting honey. With a top bar hive, it is not necessary to destroy the colony of bees to harvest the honey, nor are the brood combs disturbed. No specialized equipment is necessary. Comb from the Ktbh is simply cut from the top-bars and placed in buckets; later the honey is extracted by squeezing. Because the harvesting of the Ktbh does not require the use of an extractor, smaller, more frequent harvests are possible. Honeybees forage within a 3.5 km radius from the hive, which increases food pollination close to home.

Top bar hives offer novice and hobby beekeepers an inexpensive and uncomplicated way of keeping bees that produces smaller amounts of honey and large amounts of beeswax. As we go through seasonal shifts in climate, honeybees need our help and it's pretty cool to harvest honey from the fruits of your labours. 

Carolyn Herriot is author of **The Zero-Mile Diet: A Year-round Guide to Growing Organic Food** and **The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food** (Harbour Publishing) <http://earthfuture.com/gardenpath/>

Train for a Career as a Certified Nutritional Practitioner!



Earn a Diploma in Applied Holistic Nutrition



The Institute of Holistic Nutrition

“The industry leader in training nutrition professionals”

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins January 2013



For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the
Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com



Good Eats

La Dolce Vita

Grandpa always said, “When you do something, do it right.” In Abbotsford, BC, the ‘garden’ of Canada, there is a potato farmer who is a shining example of an eco-trailblazer. How is it that a person with a vision to make a difference actually dedicates their life to making it happen, walks their talk and sets an example for the rest of us? You do it by taking calculated risks.

The Heppell family has been growing potatoes in Cloverdale since the 1920s and over the years has expanded to Abbotsford to encompass 1,200 acres. Today, they produce mainly squash and potatoes. All that farming produces waste that would normally decompose and release greenhouse gas emissions into the air.

Not there, though, because farmer Peter Schouten of Heppells Potato Corp. saw the waste his farm was producing and decided to do something about it. He invested in a bio-waste digester plant, which takes all the organic farm waste and manure within a 10-kilometre radius and puts it into a huge organic waste digester. It is an amazing system and has taken thousands of hours of trial and error to create a recipe for the perfect slurry mix for natural gas production. The facility produces enough natural gas – which is sold back to Fortis – to supply all the needs of the City of Abbotsford and some of Chilliwack, all from farm waste.

The local chicken and dairy farmers bring their bio-waste, which is put into a huge tank, and they return to their farms with the digested waste to be spread onto their fields as fertilizer. It is a near perfect loop system.

Pete and his partner Wes Heppell supply much of the local community with potatoes. They have also created Hardbite, their own brand of kettle cooked chips, which are hand-made in small batches. The chips are vegetarian, non-GMO, gluten-free and low in salt with no MSG, cholesterol or trans fats. General manager Kirk Homenick noted how difficult it was to find an alternative to the GMO corn-derived flavouring binders that many companies use. Ultimately, they sourced tapioca maltodextrin, an all-natural flavouring binder.

Peter Schouten of Heppells Potato Corp. saw the waste his farm was producing and decided to do something about it.

In today’s fast paced snack world, it is too easy to slip into just grabbing something and running home to eat it. It takes time to know if what we are eating is healthy. While examining what we eat and redefining what we buy, it is nice to know we can still get snack products which we don’t feel guilty about eating, but why not learn to make them yourself and share the love by giving them to your friends, family and co-workers?

Arron Ash, the charismatic chef of Gorilla Food on Richards Street in downtown Vancouver, runs an organic, vegan, raw food take-a-way and catering service. He has just released his book *Gorilla Food* from Arsenal Pulp Press. Grab a dozen copies and give them to everyone for Christmas. It is an amazing book, which takes the concept of wholesome, healthy snack food even further. He creates food that still has all the natural health and vitality in it, food that is still full of nutrients and enzymes. He makes nutritious delicious. See <http://www.youtube.com/watch?v=fMKVV8EAOVQ>

To advertise your restaurant, food product or service in our Good Eats section, please contact food writer Chef **Alastair Gregor** at alastair@commonground.ca. Alastair’s life-long passion for food was inherited from his grandmother.

HeddyDyn  Essentials

THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin? Nature Provides

Wild Oil of Oregano
“Let food be thy medicine,”
Hippocrates

Available at Fine Health Food Stores www.wildoiloforegano.com / www.wildtamanuoil.com



New!
Fresh Face

100% Plant-based
Facial Creme

With Tamanu and
Sea Buckthorn Berry

Repairs and
Rejuvenates your Skin

FREE ENZACTA Longevity Seminar

7pm - 9:30pm

Thurs - Fri, Nov 8 - 9th & Mon Nov 12th
Canadian Memorial Hall for Peace
1825 W. 16th Ave. Vancouver

Discover how to nourish your cells that repair,
regenerate, and are responsible for longevity

Dr. Gabbert



NOURISH THE FOUNTAIN OF YOUTH WITHIN!

Learn how the malfunction of the mitochondria (the powerhouse of your cell) leads to:

Alzheimer's	Skin disease	Heart disease
Parkinson's	Weight gain	High cholesterol
Diabetes	High Blood pressure	Arthritis...and more.

RSVP appreciated

Email: singHu@shaw.ca
Phone: 604 254 0753

Sponsored by



AUTHORIZED DISTRIBUTOR

Advertise to 250,000
monthly readers

common
ground

call 604-733-2215

... *Ken Capon* from p.28

everyone; his gardening even extended to a group he organized in 2010 called Help the Kelp where he began restoring the kelp beds which once flourished around Gabriola.

Ken's second love in his life after Cheryl was music, a family tradition he shared with his brother John. Ken encouraged others to take up music and to play for the love of music. He sang with the Island Singers and also played the acoustic bass – both classical and jazz – in many different groups, including the Chamber Players. He was part of the Lloyd Arntzen New Orleans Jazz Band and his playing was at the top of his game.

Cheryl, his beautiful and cherished partner of 34 years, is surrounded by friends, family and community and it is the community's response to his passing that most honours Ken. People are celebrating the joy of his life, sharing stories as a testament to his character.

The Gabriola Arts Council (GAC) has established "The Ken Capon Community Spirit Award," a piece of art created by his dear friend, carver Rick Cranston. It will be given annually at Thanksgiving to an islander who embodies Ken's commitment to community.

As noted in GAC's October newsletter, "The Gabriola Arts Council couldn't have asked for a better friend than Ken, who was always there with an open mind, a helping hand and a generous heart." ❧

... *Hijacking* from p.7

ists are going to acquiesce to alternative routes. They believe they will trumpet that Burrard Inlet has been saved by the oil port going to Tsawwassen Delta Terminal. Every enviro knows that an oil spill in Delta or Cherry point in the USA will also doom the lower west coast to massive oil spill damage.

The coming months ahead will demonstrate to the public what the true agenda was at the Defend our Coast protest. Will the environmental movement stand strong? Will it build an authentic coalition that shared information and power?

When you defend our coast, it must include the US west coast; it must include coal exports and coal mining. Oil, LNG and coal exports are all fossil fuels that are destroying the air that we breathe and causing climate change. This battle is about saving our west coast for our children. ❧



What is Earthing?

Earthing involves being in contact with the Earth's eternal and gentle surface energy. It means walking barefoot outside and/or sitting, working, relaxing, or sleeping indoors while connected to an earthing sheet or mat that delivers the natural nurturing energy of the Earth into your body.

For more than ten years, thousands of people around the world -- men, women, children, and athletes -- have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary.



Earthing Sheets
While You Rest



Earthing Mats While At Work

Earthing Products offer a convenient way to stay in contact with the earth while working, relaxing, or sleeping indoors.

Prices in CDN | Ships from within Canada | 30 day full refund policy

1-800-870-4248 

www.EarthingSolutions.ca

Authorized Canadian distributor of Earthing Products as featured in the book "Earthing"

"This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of the disease, chronic inflammation, poor sleep, and more be the result of this? A brilliant hypothesis well-grounded in science."

- NICHOLAS PERRICONE, M.D.
AUTHOR OF AGELESS FACE, AGELESS MIND



Read the first 50 pages on our website!

EARTHING SOLUTIONS

Connect to the Earth and Feel Vibrant

INSTANT RELIEF



Colette Stefan
Certified Yuen Method™ Instructor
Featured on The Sheila Gale Show,
The Intuitive Mind Radio & JOY Radio



www.CrystallineVision.com/Events

Experience The Yuen Method™ & Feel Instant Relief!

"Dear Colette, Thank you for working with me and helping me on the JOY Radio Show just a short while ago. I do feel clearer, lighter, more positive in the belief that I can be healed of this PTSD (Post Traumatic Stress Disorder). Again, I thank you so much...as I just thought I would get to listen, but received so much more as we connected." ~ Era

Bring in a body/mind/spirit issue to a demonstration listed below and I'll address specific issues as well as clear the group as a whole.

UPCOMING EVENTS

FREE Demo: November 20 - Vancouver
INTRO Seminar: November 21 - Amethyst Books, Chilliwack
LEVEL 2/3 Seminar: November 23-25, Chateau Granville, Vancouver





Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™



Empower yourself. Achieve optimal health and a lasting career.

Do you want to positively change your life and well-being?

Do you want to help others achieve optimal health?

Do you want to earn a diploma in a life changing field?

Do you want to change careers?

Offers the R.H.N.™
(Registered Holistic Nutritionist)
Designation; the most recognized Designation in the Industry

If you answered YES to any of these questions, then CSNN's Natural Nutrition program is for YOU.



TO LEARN MORE ABOUT CANADA'S LEADING HOLISTIC NUTRITION SCHOOL

Visit: **www.csnn.ca**

100-2245 West Broadway, Vancouver
ph: 604-730-5611

Letters

'On the money' theme

Of all the cover images of Common Ground's past issues, the October 2012 magazine struck me the most. I was raised a Roman Catholic and remember the story of Jesus whipping and chasing the merchants out of the temple of worship. The image also represents what most people feel about the financial speculators

The image also represents what most people feel about the financial speculators who gamble our future assets away.

who gamble our future assets away and when they lose, get bailed out to start all over again. The image is also spiritual, manifesting as a physical social active charge against what is morally, ethically and just wrong thinking and action to the common people. Kudos for the brilliant Common Ground front page image.

— Louis Bongiovanni

Steven Harper works for corporate Canada 365 days a year

I think the main issue is that Stephen Harper works for Corporate Canada 365 days a year; this FIPA deal is just business as usual, he's not selling us out any more on this agreement than he already has on a dozen other things and will on a dozen more. Big Business runs Canada, they own the media and they control the top politicians, who govern for them. That is the mess we are in, and have got to get ourselves out of. Personally, I think media is very important, so you are doing good work with your magazine.

— Jack Elkin, Victoria

Comment

The state and fate of this small, blue planet

by David Suzuki

I was at Kyoto in 1997. India and China were there. The developing world was there. And the rich countries all agreed we created the problem. It was our profligate use of fossil fuels and we were still all collectively the major contributor of greenhouse gases. We were setting the model. If we can't cap and reduce emissions, why should developing nations behave any differently? We were setting the model. Everyone agreed that we have a responsibility. Everyone understood that. The minute the negotiations were over, back in Canada, the Alberta delegation complained, [saying] well that's not fair, the Indians and the Chinese are not in, what kind of treaty is this? But we agreed. We agreed that we had created the problem.

Mr. Harper clearly indicated that he didn't give a shit about Kyoto anyway. When he actually formally withdrew, I think that Canadians were pretty upset about that. Every time Mr. Harper has run, one of his main platform planks has

Mr. Harper clearly indicated that he didn't give a shit about Kyoto anyway.

been "Law and Order." When Mr. Chrétien ratified Kyoto in 2001, he didn't ratify that as a Liberal, he ratified that as the Prime Minister of Canada. And he committed Canada to that process. And when Putin ratified in 2004, it became international law for all of us who had ratified.

For Mr. Harper to come in and say, I'm the law and order guy but I don't give a shit about Kyoto, then you have to wonder what is going on here? What really does he mean? Maybe it's not surprising a few years later he passed a law saying we were going to have an election every four years on a set date. And a few months later, he broke his own law and called an election. So we've got a renegade government in power and we've got to take it back.

Excerpted from a talk by David Suzuki at the Vancouver International Writers Festival in October



TRIM & TONE your body *Naturally*

NEW

Nutri L-Carnitine Plus

The naturally powerful weight loss aid!

If you're looking to lose weight Nutri L-Carnitine Plus liquid can be a powerful aid to help trim fat from your body and enhance muscle tone. This great berry-flavoured liquid features the natural power of L-Carnitine plus essential B vitamins.

L-Carnitine works by helping to convert fatty acids into fuel your body can use for energy, while promoting muscle growth. Taking just one liquid tablespoon a day can help you to metabolize fats, carbohydrates and proteins plus enhance physical performance and reduce fatigue. Weight loss is a journey... let Naka's Nutri L-Carnitine Plus help lead you down the road to a healthier you!

Delicious
Berry
Flavour



www.NakaHerbs.com

Live well and live healthy with
Naka Herbs and Vitamins

Fight belly
fat and
aid weight
loss with

SAFFLOWER POWER!



Nutri SAFF

Liquid with Safflower Oil
featuring 80% Linoleic Acid

NEW

Plus L-Carnitine and Vitamin B5

Nutri SAFF liquid is the highly anticipated weight management product featuring cold-pressed Safflower Oil (providing 80% Linoleic Acid), plus L-Carnitine and Vitamin B5. Help reduce belly fat plus increase physical performance with this superb natural wildberry flavoured liquid. The high-linoleic content of Nutri SAFF's safflower oil makes it superior to oil found in supermarkets and the perfect choice to help you achieve your weight management goals. Try Nutri SAFF liquid today!



► Superior quality cold-pressed
Safflower Oil of European origin
featuring 80% Linoleic Acid

- Also features the power of L-Carnitine and Vitamin B5
- Take just one liquid tablespoon a day
- Vegetarian friendly formula

Great Natural
Wildberry
Flavour



Check us out on



Made in
Canada



The information in this ad is intended
strictly for research and educational
purposes, not as a diagnostic tool or
a prescription for any ailment.



For most of the world's great spiritual traditions and the majority of their contemporary interpreters, the issue of material wealth is inextricably bound up with environmental concerns. Their teachings show quite clearly that following a spiritual direction, rather than striving to accumulate unnecessary material wealth, is the path to true happiness and fulfilment.

There is a gulf in resources between the rich and the poor throughout the world. Poverty reflects badly on every member of our planetary community.

In my book *Green Spirituality* (available at Authorhouse.com), I argue that being green is about caring for the environment, social justice and sharing wealth equitably.

What has happened in the developed world is that our values have been corrupted by corporations who hook into our lower nature and condition us into believing we are OK amassing wealth and consuming as much as we like. We have forgotten our ancient spiritual teachings and their wisdom. Just reflect on these wise words about how to deal with poverty in the world.

Practical Utopia

Positive solutions in community and spirit

Christianity: "If you want to be perfect, go, sell your possessions and give to the poor and you will have treasure in heaven. Then come, follow me." – Jesus, Matthew 19:21

Islam: "When you see a person who has been given more than you in money and beauty, then look to those who have been given less." – Muhammad

Bahá'í: "Equity is most fundamental amongst human virtues." – Bahá'u'lláh

Buddhism: "To live a pure unselfish life, one must count nothing as one's own in the midst of abundance." – Buddha

Now reflect on these stark statistics about world poverty:

1.2 billion of the world's poorest people are undernourished, underweight and often hungry. Meanwhile the 1.2 billion richest people are overweight, over-fed and in need of exercise. The number of people living in poverty with under a dollar a day has increased by 100 million in the last 10 years. The UN forecasts that another 100 million will be added by 2015. Two in every five people are living on less than \$2 a day and this is considered the minimum for meeting basic needs. The resource consumption of an average American citizen is 35 times more than that of an Indian, 140 times more than

What has happened in the developed world is that our values have been corrupted by corporations who hook into our lower nature and condition us into believing we are OK amassing wealth and consuming as much as we like. We have forgotten our ancient spiritual teachings and their wisdom. Just reflect on these wise words about how to deal with poverty in the world.

a Bangladeshi and 250 times more than a citizen of Sub-Saharan Africa. 0.01% of the American population own 50% of the wealth.

What is needed is a radical examination of our values around money from a spiritual perspective. I would argue that true wealth is found in pursuing a spiritual path and engaging in our local communities. In the end, true happiness is found in people and not objects, in spiritual experiences, not status symbols of wealth. <

Chris Philpott is a 'green activist' and the author of *Green Spirituality*.

November 7: 7PM As part of his North American tour, Chris Philpott is offering a free talk on 'green spirituality' in Vancouver. For more info, email chris@greenspirituality.org





Climate change deniers almost extinct

Most North Americans know that human-caused global warming is real, even if political leaders don't always reflect or act on that knowledge. According to a recent poll, only two percent of Canadians reject the overwhelming scientific evidence that Earth is warming at alarming rates – a figure that may seem surprising given the volume of nonsense deniers, many of them funded by the fossil fuel industry.

As evidence builds, deniers are starting to change their tune.

They once said global warming isn't happening, and some claimed the world is actually cooling. Now, heat records are being broken worldwide – this past decade was the hottest on record. Many scientists say the situation is even more severe than first thought, with temperatures and impacts increasing faster than predicted.

Polling indicates more deniers live in the US, but they still make up just 15 percent of that population.

It's getting harder to ignore the evidence: record high worldwide temperatures; increasing extreme weather events; devastating droughts, floods, wildfires, animal and plant species turning up where they've never been found before, record ice loss in the Arctic and Greenland, melting glaciers... The trends are exactly as climate scientists predicted.

Meanwhile, one of the few "skep-

tic" climate scientists, Richard Muller, recently reversed his thinking. Muller and colleagues at the University of California, Berkeley, studied climate data dating back to 1753, then looked at possible causes of the unusual warming observed since the mid-1950s. (Ironically, the study was funded in part by the Charles G. Koch Charitable Foundation, founded by climate change skeptics with heavy interests in the fossil fuel industry.)

Their conclusion? It's not the sun. It's not volcanoes. The most likely cause is humans spewing massive amounts of carbon dioxide into the atmosphere, mainly by burning fossil fuels. This isn't news to most climate scientists.

As evidence builds, deniers are starting to change their tune. They once said global warming isn't happening, and some claimed the world is actually cooling. Now, heat records are being broken worldwide – this past decade was the hottest on record. Many scientists say the situation is even more severe than

first thought, with temperatures and impacts increasing faster than predicted.

Faced with the evidence, many deniers have started to admit that global warming is real, but argue that humans have little or nothing to do with it. Muller's study was just one of many to demolish that theory.

Our climate has always changed and natural variation is part of that. But scientists have long known that carbon dioxide and other gases trap heat in the atmosphere. Recent warming is occurring at an unprecedented rate that corresponds to burning fossil fuels. According to NASA, global average temperatures have been rising significantly since the 1970s, "with the 20 warmest years having occurred since 1981 and with all 10 of the warmest years occurring in the past 12 years." North America just experienced the hottest July on record and the first seven months of 2012 were the warmest, on average, in more than 100 years.

This evidence has caused some

deniers to change their tune again. Yes, the Earth is warming, they say, but whether it's from natural or human causes, we can't do anything about it so we might as well continue with business as usual, maybe employing technological fixes to help us adapt.

The truth, as most of us know, is that global warming is real and humans are major contributors, mainly because we wastefully burn fossil fuels. Scientists have been warning about global warming for decades. It's too late to stop it now, but we can lessen its severity and impacts. We can all work to reduce our individual impacts. But we must also convince our political and business leaders that it's time to put people – especially our children, grandchildren and generations yet to come – before profits. ◀

Written with contributions from David Suzuki Foundation Editorial and Communications Specialist **Ian Hanington**. Learn more at www.davidsuzuki.org



Face beauty naturally



In 1998, at the age of 51, I woke up to the fact that my face was showing my age. Here I was, a baby boomer... wiser than I'd ever been, capable of almost anything and yet every morning my aging face stared back at me. I was intelligent enough to know there had to be something out there besides a quick cosmetic fix. I was constantly looking at western and complementary practices for the health of the body so now was the time to address the face.

At about this same time, I also decided to specialize my physiotherapy practice to focus on persistent or chronic pain. Most physiotherapists deal with acute problems such as broken wrists, low back strain, tendonitis, etc., which tend to heal in a set time frame. I could see that with aging baby boomers, pain that did *not* go away in a set time period was going to become a huge problem. And, indeed, today it is. As I focused on developing techniques to help heal this "tough" pain, I observed an interesting and unexpected phenomenon: As the patient's affected body part healed, it also appeared younger.

From this exciting observation, a question started to permeate my daytime thinking: "Could it be possible to retain a vibrant and young appearance well into our old age?" This question would not leave me alone and ultimately it produced *Beauty Without Injections*, a program of empowerment for all men and women. Taking the best from eastern and western techniques and traditions, *Beauty Without Injections* uses well-known principles, mostly from physiotherapy and acupuncture, and demonstrates them in five simple steps. These steps can leave you looking 10 to 20 years younger and will enhance the wellness of your entire body.

Life is a series of choices. It's the choices we make that determine how the next part of our life plays out. Sometimes we make good choices, sometimes bad ones. Looking back, I can see how the health and beauty choices I have made over the years have played their part

in the road I have travelled. After years of adult acne, I consulted a doctor who recommended dermabrasion. The process, at that time, was to be given a general anaesthetic, have the entire top layer of the facial skin taken off and then exist on a cocktail of painkillers, sleeping pills and tranquilizers for several days. I decided against it. This would have been a bad choice for me as it was very invasive (and later would prove unnecessary).

However, at about the same time (in my early thirties), I read about the discovery of "Retin-A" while leafing through a *Vogue* magazine. I remember seeing a pair of old rats with smooth, young skin, and was very impressed. I went to a dermatologist and have used Retin-A off and on ever since. This was a good choice for me as it is non-invasive, and, over time, it has taken away the marks of the acne.

Next I read (again in a magazine) that the best way to avoid wrinkles was to have surgery before the wrinkles started. So off I went to have the first (and last) surgical procedure on my face. Several weeks after the operation, my father ([an] orthopedic surgeon), took the stitches out, but when I got home, I noticed my lower eyelid had contracted outward, showing the inner white. I went back as an outpatient, my one-year-old daughter at my side. I had to keep her entertained by dangling car keys, while my scar tissue was dealt with under local anaesthetic. It had never occurred to me that surgery might not be 100% effective.



We need to adjust our perspective on youth, aging and health in general.

A few years later, still concerned about my appearance, I sought the services of a local esthetician. European-trained, this specialist guaranteed to take years off my looks. I had travelled extensively during my twenties and had always been impressed by how well groomed European women were, especially the French. So in I went and soon I was talking to a beautiful, older Hungarian woman. I was probably convinced to go ahead by her appearance alone. I took the appointment for the next Friday and was told it would only take a few days to recover.

All I remember was sitting in a chair, a sudden blur of pain, the smell of burning flesh and an overwhelming desire to run. A huge fan blowing air on my face was my only solace. When it was finally over, the Hungarian lady walked me to my car and said she would call. I woke up the next day to a face that was crusty white. (I was later to learn I'd been given a chemical peel.) It took two weeks before I could finally return to work, but the results were wonderful. All vestiges of sun damage had gone, however, I couldn't help wondering what could have happened if she hadn't been so well trained.

My next foray into the maintenance of my looks was

one of those fated occurrences that would seal my fate for the course I was to take for the rest of my career. I read about a chiropractor who was extolling the virtues of acupuncture face lifts. The fact that acupuncture was non-invasive was a major selling point to me. Non-invasive meant no pain, no trauma and no possibility of things going wrong. I saw some very impressive before and after pictures, booked a series of appointments and the results were amazing on me. This was an excellent choice and for the next several years I continued with the acupuncture treatment and maintained a healthy lifestyle – running regularly three to four times a week and eating properly. In 1991, an acupuncture course was offered for the first time in North America at a professional level. Aimed at physiotherapists, doctors and dentists, I qualified to go as a physiotherapist and after graduating, I opened my own practice, occasionally performing facial acupuncture on myself. The results were always the same: I looked younger and felt better. I would notice better circulation, tightened skin and clearer eyes.

I started on a misguided route of looking for other ways to enhance my looks. For two more years, I tried everything short of surgery. I had Botox around my eyes and ignored the voice that told me of the possible complications. I went in regularly to have my lips pumped up with Restylane. (I finally figured out the appeal of the overly filled lips; they represent the engorged labia of the female sexual organs. So the more filled they are, the more you look ready for sexual activity.) Needless to say, I received a lot of interest, but not the kind I wanted.

Coming to my senses with the above realization and also spending far too much money at \$400 a pop every two months, I could see how addictive this was to women who wanted to remain young looking and attractive to men. When I finally went in to say I would not be returning, the nurse told me she admired me. "Not many women can stop once they have started," she said. We all have choices to make about the way we treat our body and face, inside and out. Regular choices can range from invasive surgery to expensive moisturizers. But I now choose to use the five steps of *Beauty Without Injections* to keep me youthful.

We spend a pittance on our health compared to the millions we spend on beauty enhancement like surgery, cosmetics, lotions, oils, creams and clothing. We need to adjust our perspective on youth, aging and health in general. It's true that none of us is getting any younger and the powers behind the "beauty marketing machine" won't let us forget it.

Your face is essentially the same as the rest of your body; if you keep yourself healthy, you will not only feel better and younger, but you will *look* younger too. ◀

Adapted from *Beauty Without Injections* © by Helen E. Day, a qualified physiotherapist, trained in acupuncture. The book is available at bookstores and online: www.amazon.com, www.barnesandnoble.com and www.chapters.ca

From *Midnight's Children*

There's a school of thought that says authors should never be allowed to adapt their own books for the big screen. They are just too close to the source material to make the necessary cuts and re-mixing to make a book come alive on the big screen. In Deepa Mehta's *Midnight's Children* (opening November 2), Salman Rushdie's adaptation of his own book may be loyal, but, as a film, it is overly long at 148 minutes and covers so much ground that character development and one's interest flags.

The ambitious project features five key time periods (1917 to 1977), with 127 speaking parts in 64 locations. The main story is of two boys – one rich, one poor – who are switched in a Bombay hospital on August 15, 1947, as India declares

Post VIFF, more festivals

independence from Great Britain. Their lives are intertwined with the tumultuous history of India, much of it told through scenes of magical realism that can be both effective and slightly irritating as a tool for historical exposition. Director Deepa Mehta's lush visual style indulges the romanticism and glosses the violence, but, in its favour, the film tugs effectively at the heartstrings at times.

The documentary *How to Survive A Plague*, focusing on the LGBT response to AIDS in the eighties and nineties, has been getting positive reviews. Using archival home video and broadcast footage, it provides a gritty and emotional account of how a group of activists managed to successfully pressure government and big pharma to come up with a treatment for the "gay plague," bringing hope to those with HIV (due out November 9).

For those experiencing festival withdrawal now that VIFF is behind us, there is a run of small film festivals this month in Vancouver: the annual Amnesty International Film Festival (www.amnesty.ca/vff) brings together nine films at the Pacific Cinematheque, including popular documentaries *Big Boys Gone Bananas!*, *Ai Wei Wei: Never Sorry* and over-


fishing doc *On the Line* (the latter two previously reviewed in this space). The festival runs November 2-4.

The 16th annual Vancouver Asian International Film Festival (www.vaff.org), the "oldest Asian film festival in Canada," is also on at Cineplex Odeon International Village Cinemas (November 1-4). Among this year's films by North American Asian filmmakers is Dave Boyle's quirky, romantic drama *Daylight Savings*, opening the festival, and Quentin Lee's *White Frog*, a coming-of-age drama about a teen with Asperger's trying to live up to his parents' high expectations.

Following that, we have the 24th annual Vancouver Jewish Film Festival (7-15), opening with Mediterranean drama *A Bottle in the Gaza Sea*, in which a long-distance relationship between a couple in Gaza and Jerusa-

lem offers a glint of hope amidst the long-running conflict and closing with a musical biopic about a paraplegic bluesman *A.K.A. Doc Pomus*. Films range from Nazi-hunting docudrama *Eichmann's Fate* (*Eichmann's Ende*) to the James Bond spoof *OSS 117: Lost in Rio* (*OSS 117: Rio Ne Répond Plus*) by director Michel Hazanavicius and actor Jean Dujardin; both won Oscars for *The Artist*. (www.vjff.org)

The Artist is coincidentally the French entry in the annual European Film Festival (November 25-December 8) at the Cinémathèque, featuring lesser-known recent films from 24 of the 27 member states of the EU.

Further afield, the Whistler Film Festival runs from November 28 to December 2. One highlight is the Borsos Competition for Best Canadian Feature Film, which sees eight homegrown films competing for \$15,000, the second largest cash prize in Canada. 

Robert Alstead blogs at 2020vancouver.com

METTA HEALING

Body-Mind-Spirit in historic Gastown

Come join us and meet our staff at our
Open House November 15th, 2-9PM
RSVP for your free consultation

- * **Dr. Brian Farlinger**
Acutonics - Acupuncture
without needles
Acupuncture
- * **Mae Lynn Pimentel**
Aromatherapy, Massage
- * **Wendy Akune**
Nutritional Consulting
21 Day Cleanse Program

Contact us:

www.mettahealing.ca
604.632.9808



BE THE ULTIMATE
HEALTHY VEGAN

World **Vegan**
Month

NOVEMBER 2012

COUPON

\$2 OFF ANY ULTIMATE
VEGAN PRODUCT

ONLY available at your local Health Food Store

MANUFACTURER COUPON - TO THE RETAILER:
For redemption, mail to: Preferred Nutrition,
153 Perth Street, Acton, ON L7J 1C9
Expiry: 31 December, 2012 - Coupon code: 07-011



CUSTOMER SIGNATURE
REQUIRED FOR VALIDATION



Preferred Nutrition

PNO.CA



My life with a monetary theorist

Most of us spend our lives working for money, even to the point of neglecting our health and meaningful relationships.

We never know what we are here to do until we are called to do it. I see this as describing my partner Paul Grignon, the world-renowned, self-directed monetary theorist and my journey with him.

When we got together as hippies, I loved his artwork and his natural exuberance for living. I also knew he had resolved to never be trapped by debt. Leaving the big city of Toronto behind, we were led to the natural beauty of Gabriola Island. Inspired from years of reading *Mother Earth News*, Paul wanted to start creating his new life by building a house. We bought bare land for a few thousand dollars and lived on it in a shack – our “Third World Period.” Tree planting, construction, art (paintings and commercial jobs) and my part time work at a health food store paid our bills. As the family grew, so did the house.

Our lifestyle was our political state-

ment. Although restricted financially, our lives were rich. We lived by the philosophy of “voluntary simplicity.” Through living according to our means, we were out of debt. The kids got second hand clothes and we used many “previously enjoyed” things, but we insisted on new shoes, socks and underwear.

After 27 years of children living at home, the last one left in September of 2001. Five days later 9/11 happened so the new chapter of our lives as empty nesters coincided with the new world chapter. Like many, I went through the difficult spiritual experience of disillusionment. Idealistic notions of saving the world were shattered. I wept from the depths of my being in the realization that we, as a species, need more than loving ideals to triumph over the big, controlling powers and their military agendas. We need conscious action. Paul and I both see the events of 9/11 as the pivotal turning point of the new millennium.

The first action for me was to read how the world works. Paul fed me information on geo-politics, peak oil and following the money. Although he had always lent his artistic services to many environmental causes, the realization dawned on him that nothing much would change without changing the essential nature of the money system. So he immersed himself in monetary theory. When he talked about it, I confess that at times it was hard to follow because his brain pathways on the subject were well developed and for me it was all new.

In 2002, he came out with the 17-minute story of *The Goldsmith's Tale*, his first animation. He knew he wanted to explain it all in greater depth, and four years later, produced, encouraged and aided by senior money reformers in Canada and the US, he completed and released the 47-minute *Money as Debt* that has gone around the world.

The movie explains how money is created as debt. The cartoon format makes the information accessible to people who would never pick up a book on economics. When the movie went viral immediately, we realized that people were very hungry for this information.

After 14 years of study and many sleepless nights, Paul developed his own theory of why the current money system is dysfunctional and put it forth in animated diagrams in a second movie in 2009. He has been challenging economists and anyone to refute it ever since. Recently, he was invited to submit his arguments to two peer-reviewed, world-class journals, one economic and one scientific.

From the often effusive fan mail and the copious references and links to his online movie *Money as Debt*, we know that Paul had created an effective educational tool for the masses. Those involved in the economics aspect of the Tea Party, Ron Paul, Occupy movements and European movements, thanked him. Fortunately, some folks chose to support the filmmaker and we have mailed DVDs to 52 different countries. Paul has made three fully translated versions, and “anonymous

volunteers” have translated the first movie into 20 more languages in seven alphabets. It is always special when people write to thank Paul for opening their eyes. They even thank me as his partner.

Life is always much more rewarding when we access our full potential. Paul spent years creating beautiful West Coast seascapes; his art continues to be a right brain meditation for him. However, the *Money as Debt* movies satisfy a deep yearning to use both parts of his brain to be of service and the world has benefited greatly from his outside-the-box thinking. Most of us spend our lives working for money, even to the point of neglecting our health and meaningful relationships. It is no surprise that we are not taught how money is created in school, for those in control would rather have us quietly working to pay our bills and buy more stuff than to know what their money game really is.

Paul is more than a critic. He is fully engaged in a field of activism known as Money Reform. His movies show us why the current economic system we live under is crumbling. The structure itself is destined to fail because it is only functional with endless exponential growth, something more and more of us are realizing is incompatible on a finite planet. Paul points us in the direction of solutions. In the third movie, he appeals to us to change our root concept of money as a “thing-in-itself.” While it may seem like radical thinking, the transition to this can be observed as already happening.

In his words: “Real money power is the power to create real goods and services of value. Therefore, the real money power comes from the borrowers, *not* the banks. This is actually a crisis in consciousness. We need to throw off our illusions and realize that *we* are the money power.”

I believe that the nurturing qualities of women are urgently needed in the creation of alternative currencies. The financial instability of the times can actually help us understand what our true values are.

For more information, visit moneyasdebt.net

Tsiporah Grignon is a mother, grandmother, advocate for local food and sustainable agriculture, event organizer, student of evolutionary astrology, dancer, and like her husband Paul, still a hippy at heart.



Living

the New Economy

Nov 19-25, 2012
Granville Island
Vancouver, BC

Charles Eisenstein
Author, *Sacred Economics*
and *The Ascent of Humanity*

7 DAYS OF EVENTS - converging ideas, resources, and people to help you thrive in the New Economy

Workshops & Activities include:

- marketing with integrity
- women & leadership
- crowdfunding
- community currencies
- microlending
- film screenings
- making the pitch
- concert & dance
- mentoring
- starting a co-op
- launching a start-up

Sponsor

Vancity
Make Good Money.

Tickets: www.NewEconomy.ca • **Performance Works**, 1218 Cartwright St., Granville Island, Vancouver

Naturally fit with **Iron** VITAL F®

IronVital F provides vital energy!

IronVital F liquid has a pleasant fruit taste and is the superior choice if you need more daily iron. The combination of vitamin C in IronVital F helps the iron to be absorbed readily by the human body, while the B vitamins enhance the effects of the iron.

IronVital F liquid is perfect for use as follows...

- during pregnancy
- when breastfeeding
- women with heavier bleeding during menstruation
- young people in a growth phase
- during regular intense exercise

- ✓ **No preservatives**
- ✓ **Non-constipating**
- ✓ **Vegetarian formula**
- ✓ **Alcohol, yeast and gluten free**



Delicious fruit flavoured liquid with Vitamins C+B



Get up to **98% Absorption** with **Iron Vital F** liquid!
Capsules & tabs get only 20% - 40%*

Check us out on



www.NakaHerbs.com

Start your
"hair raising"
adventure
today!

Discover Europe's natural beauty formula.

For more than 50 years, Europeans have trusted Original Silicea Balsam gel to help them get beautiful, healthy hair, smoother looking skin and stronger nails.

Help to beautify your body from the inside out with the 100% pure, original silica gel supplement!

"Silicea - for me it was like a miracle."

"I have now been taking Original Silicea Balsam regularly for about three years and I have the beautiful hair I had been dreaming of all my life. Also, my skin has become much firmer and elastic in those places where it tends to quickly become flabby in us women. My self-confidence and zest for life have improved thanks to Original Silicea Balsam."



Marianne S.



Study results show that using Original Silicea Balsam produced a significant increase in hair thickness of +13% after 6 months.*



Ask for your
**FREE
SILICEA
BOOKLET**
in store!



www.NakaHerbs.com

Live well and live healthy with
Naka Herbs and Vitamins

The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.
*This clinical study was published in Archives of Dermatological Research (2007) 299 : 499-505

Debt Stress?

- ☒ Struggling with Debt?
- ☒ Payments Unmanageable?
- ☒ Considering Bankruptcy?

mydebtssolution.com

- ☒ Credit Counselling
- ☒ Debt Management Plans
- ☒ Debt Settlement Plans



B.C.'s Most Trusted Since 1987

mydebtssolution.com is a division of Fraser Valley Credit Services Ltd.

Free Consultation

Debt Solutions.
Online. Anytime.™



Enjoy Life Again

1.877.556.3500



Sufi Meditation Center

A Path To Divine Healing

Classes & Programs

Sufi Healing Meditation
Building Spiritual Energy
Sacred Sufi Chanting Meditation
Sufi Whirling & Chanting
Sufi Sound Therapy & Realities
All Sessions Free Walk Ins Welcome Classes
include Sacred Chanting, Energy Work, Sufi
Teachings and Ancient Realities.
Spiritual Cafe filled with love and Healing

604-558-4455 SufiMeditationCenter.com

Come In and Enjoy Our Healing Teas at our Rumi Rose Cafe

3660 E Hastings / Boundary 9am - 8pm Daily



February in Nawlin's

Voice lessons from a jazz pro

group / private / beginners / advanced

Colleen Savage

604-255-0776

www.colleensavage.com

Lose Weight . Lose Inches



50+ Years of Nutrition Research
Break the yo-yo dieting cycle, nourish your cells!

- *Keep muscle
- *Burn fat
- *Lose inches

Visit: www.angelehappysoul.myshaklee.com



Coach Angele: 604-264-7332



Mac McLaughlin

ZODIAC

StarWise November 2012

"FIRST A TEAR DROP, then a trickle and then a torrent of tears as you realize that you have destroyed the very thing that you wanted most." I wrote that in another column several years ago. A Scorpio woman called and asked, nearly in disbelief, how and why I wrote those words. I told her that one of the negative traits of Scorpio is a form of self-destruction or destruction of what they fear. She had met a fellow that she really liked and they seemed to truly hit it off. He lived in a different city. She grew impatient as the days went by and became angry that he didn't even have the decency to keep his word and call her. Well, she called him and left a message telling him what she thought of him for his callous, cad-like behaviour. Soon after, she got a call from a friend saying the fellow had lost his phone book and had been trying to reach her for days. She got a hold of him, but the air was chilly and it was the end of the story, thusly the torrent of tears.

Scorpio does signal a time of endings and new beginnings. Pluto is the co-ruler of Scorpio. When Pluto makes an aspect with a planet, or sensitive point in our horoscopes, we go through some type of regeneration experienced as a break-



ARIES Mar 21 - Apr 19

An eclipse takes place in your solar eighth house on November 13. The affairs of the eighth house will be in play for several months. Joint monies, inheritances, taxes, secrets, wills and legacies may be dealt with. Profound psychic experiences and dreams may occur and you might become deeply interested in metaphysics or spirituality.



TAURUS Apr 20 - May 21

There's a big focus on your house of relationships. It's all about how you get along with others, or not. Generally, you are able to get your own way, but now you may find that others are willing to put up a fight with quite a bit of resistance. It is time to reconsider your position.



GEMINI May 22 - Jun 20

You start the month off in high gear, as there are many demands to be met and little time to put it all together. It's great to be busy and you may not mind the challenges, but you will have to watch your overall health. Month's end is intense and dynamic, with relationships being featured.



CANCER Jun 21 - Jul 22

A time in which you consider a new enterprise or the start-up of a new business has arrived. You may be yearning for some excitement and there is a hint of intensified relationships that may be in the works. Take it easy at the end of the month as battles may be brewing.



LEO Jul 23 - Aug 22

You must dig deep within yourself to come up with the proper course of action that will fulfill your yearning and burning desire for freedom and happiness. Home and family, along with matters of real estate, may come into play throughout November. December looks brighter. Plan on times with friends and family. New social circles are developing.



VIRGO Aug 23 - Sep 22

The natural instinct for Virgo is to get everything in order and in their proper places. Once those tasks are completed, you can delve deeper into your favourite topics, passions and hobbies. November is the perfect time for you to get things in their place. Home, family and career activities feature strongly in November.

Best Place Immigration

- Professional advice on all immigration categories
- Authorized representation to Immigration Canada
- All application preparation and appeals

Ron Liberman ICCRC Member

778-373-4928

For a **FREE** assessment visit: www.bestplace.ca



ing down and renewal of that planet's significations. Here's an example. Let's say that Pluto contacts your Venus and you discover your mate is having an affair. Or maybe you're having an affair. Whatever the case, there is pain involved as we evolve through the process of breaking apart and mending our hearts. Later on, wisdom gained, we plod forth towards new ventures with a new set of values, hard earned and stained with our tears of experience. As the Sun passes through Scorpio, we are provided with an opportunity to go deep within ourselves. We have two eclipses in November, heightening the intensity of the times all the more. Look within, find out what you truly want, or do not want any longer and resolve to rise above to the highest of your standards and values. Not to harp on the negative, I must say that Scorpio is the most deeply devoted and loyal sign when it comes to family and loved ones. "Till death do us part" must have been penned by a Scorpio. Eagles mate for life and so does Scorpio. Oh, they can break up with you, but they can never really let you go. <



LIBRA Sep 23 - Oct 22

Venus visits Libra until November 21, bringing her essence of love, grace, beauty, fairness and resources your way. Jupiter also casts his good influences as well and one cannot complain too much when the lesser and greater benefic planets give us their blessings. Find the balance in all things and certainly share your love.



SCORPIO Oct 23 - Nov 21

The solar eclipse on November 13 heralds an important time of changes for those born close to that date. Mercury retrogrades in Scorpio indicating an opportunity to rethink the plan or to rework any problems. Saturn spends the next couple of years moving through Scorpio helping you to structure, order and harmonize your life.



SAGITTARIUS Nov 22 - Dec 21

The lunar eclipse on November 28 casts some light on the concerns that have been developing in your life. Lord Jupiter casts his blessings via the eclipse as the Moon conjuncts Jupiter several hours after the eclipse. Revelations come your way and you may be excited regarding a breakthrough or a lucky break. Now you can move forward.



CAPRICORN Dec 22 - Jan 19

Mars and Pluto meet up in Capricorn on November 27, just hours before a lunar eclipse takes place. The general consensus would be to avoid danger and any form of angry confrontation. If the air needs to be cleared, this will be the time to do it. My hint is to not make more karma that must inevitably be repaid.



AQUARIUS Jan 20 - Feb 19

Your career house is lit up like a Christmas tree. It's time to attain your goals. It's a time in which you're acknowledged for your accomplishments. For some, it is a time of honour and recognition; for others, it may indicate a fall from a high place.



PISCES Feb 20 - Mar 20

Travel and career sectors are hot throughout November and December. You may be longing for something higher and more rewarding as your solar ninth house is activated this month. You might want to check out the deeper aspects of religion and mysticism. You could get the job that you have always dreamed of. Make it a reality.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109

The Ultimate Support for Healing and Optimal Health

Are you being
ELECTRI-FRIED?



www.earthcalm.ca

By Nature's design, information encoded in electromagnetic frequencies drives the body's physical, emotional and cognitive and healing processes. These Nature-driven products download all the right information to the cells, which Nature provides in food, water and the Earth's electromagnetic field. Plus, they rid harmful signals from toxins in food and water as well as from electricity and wireless technology (cell phones, towers, routers, smart meters, etc.). Backed by research, independent scientific testing and guaranteed.

All Inquires 416-222-2368 1-888-993-9123

Structured Water.
As Nature Intended.

Photonic Water

www.photonicwater.ca

TheHealthShows.com

22nd Annual
Vancouver Health Show
November 10 & 11, 2012
Vancouver Convention Centre • East Facility • Hall B
Saturday 10 am - 6 pm & Sunday 11:15 am - 5:15 pm

Make it a Green Christmas!
Explore the aisles of over 100 Exhibitors
To view our amazing line up of
Speakers and Seminar Descriptions visit
TheHealthShows.com

GENUINE HEALTH Preferred Nutrition
www.hans.org THE Natural Health SHOW real health for real people Infocit INFOFIT Educators
GREENER PRINT.CA Finlandia CAPRIOT LINES

Follow us @TheHealthShows and Like us on Facebook @HealthShows for chances to win free entry to our shows and great prizes

Jewels from all over the world!

Mind Body Spirit

Ascendant Books Ltd.
105 10310-124 Street
Edmonton, Alberta
Ph: (780) 452-5372
www.ascendantbooks.com
Serving Alberta's metaphysical needs since 1983!

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*

Are you ready to be awakened?

A profoundly spiritual manifesto for a better way of life—and for building a better world.

Plume
A member of Penguin Group (Canada)

www.penguin.com

common ground

Look for
Common Ground in
over 150 new locations
in Calgary, Sea to Sky,
and the Okanagan.

Call us at 604-733-2215
for free distribution in
your store!

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.



Eckhart Tolle with *Common Ground* publisher Joseph Roberts.
Photo by Ishi Dinim.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.


So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

THE UNITED CHURCH OF CANADA
Canadian Memorial Church & Centre for Peace

& EnlightenNext
present...

Evolutionary Enlightenment Seminar
with spiritual teacher
Andrew Cohen

Saturday November 17
10:30am-5:30pm Canadian Memorial United Church
W15th Ave & Burrard Street, Vancouver

 "Andrew Cohen is one of the most important teachers of our time."
- Deepak Chopra

 15% off

Now at Banyen Books.

www.canadianmemorial.org

DOWNTOWN VANCOUVER
 **YWCAHOTEL**
733 BEATTY off ROBSON

For all travellers

733 Beatty Street
Vancouver BC
tel 1 800 663 1424
ywcahotel.com

Multifunctional meeting space
also available

Your stay supports
YWCA community programs

Worth checking into.



**common
ground**

Celebrating 30 Years

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of *A New Earth*?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect

that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every individual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.

You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works...

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist thing seriously either,

yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the *Tao Te Ching* starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.



Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.



2013

Inner Reflections

Engagement Calendar





Breathtaking images from the world's top nature photographers
Inspired insights from the writings of Paramahansa Yogananda
An ideal gift for yourself or others!

Spiralbound, 54 color photos, \$13.95



Autobiography of a Yogi
Quality Paperback
\$12.50

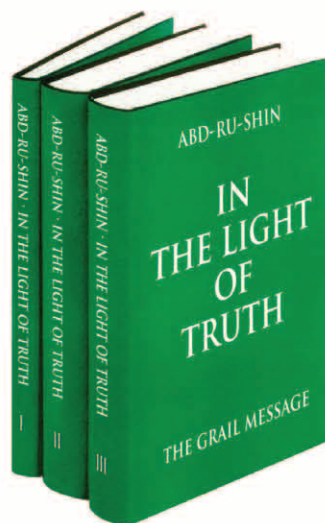
www.IRcalendar.org

Self-Realization Fellowship
FOUNDED 1920
Paramahansa Yogananda

SPECIAL DISCOVERY OFFER - \$10.00

IN THE LIGHT OF TRUTH

THE GRAIL MESSAGE BY ABD-RU-SHIN



Many individuals are starting to believe that there is truth in the reports about the Mayan calendar and 2012 is our last year on planet earth. But the only reason some fanatics are able to conjure up this fear in others is due to their incredible lack of knowledge. So where then can we find logical, clear explanations that can lead us out of the present day chaos of erroneous thinking and find a way to understand all that is taking place in our lives, the world and the universe today?

Why is science unable to give us clear and precise answers to all of the global upheavals?

Is there a God that acts arbitrarily or is Divine Justice different from what we imagine?

Besides the physical laws that affect our daily lives, are there spiritual laws as well that determine not only our personal fate but also the fate of our planet?

The three-volume Work "In the Light of Truth – The Grail Message" mediates the knowledge of the structure of the Universe and its laws. An all-embracing picture of the entire Universe gradually unfolds for the reader who can then make the connections of cause and effect in the past, present and future world events. The Grail Message addresses the individual human being, independent of race, creed or nationality. It answers the most important questions about life in a clear and comprehensible manner based on the living laws of Creation.

In order to receive your 3-volume boxed edition for our special discovery offer of \$10.00 (taxes, shipping and handling included inside Canada) please send your request to:

**GRAIL BOOKS CANADA****P.O. Box 103, Rouyn-Noranda, QC, J9X 5C4****Telephone: 1-877-762-3077****e-mail: books@grail.ca**

To know more about our publications please visit our website at:
www.grail.ca

A tribute to Ken Capon



Bill Pope photo

Ken Capon, humanitarian, musician, captain and friend to all, passed away Sunday, October 14th, 2012 at the age of 70.

I met Ken Capon and his life partner Cherryl Reed in the summer of 1981. I was a skinny teenager painting his parents' house in Kerrisdale, Vancouver. Ken quickly sized me up and when the time came he hired me to help him paint the Arasheena, their 59' Ferro-cement sailing yacht, a 50-ton live-aboard ketch. They needed a big live-aboard boat so Ken could play his acoustic bass and Cherryl could work on her jewellery design.

Their chartering business started innocently enough, bringing out friends who would chip in for fuel. In time, the day charters up Indian Arm grew into full sailing excursions cruising Desolation Sound. They brought joy and excitement to everyone who ever stepped foot on the Arasheena. During this period, Ken expressed his commitment to others well-being by volunteering very actively with the Hunger Project.

Ken's introduction to boating and the islands came earlier, when his parents bought two lots on the north end of Gabriola in 1948. He spent many idyllic summers with his brother John and sister Sue exploring and relishing every nook and cranny of the wild island, learning the way of the sea from their dad Don. It was back in these days that his bond with the sea and rocky Gabriola was born.

In 1997, Cherryl and Ken fulfilled their dream and moved to Gabriola and bought a home nestled amongst the trees on an acre and a half. They operated the Arasheena as a mothership for kayak support and nature tours and Ken built a studio for Cherryl off their house, and a workshop as big as their house to accommodate his love of woodworking.

It was from Ken's workshop that many a project was born. Ken gave tirelessly and helped everyone who needed it and even if they couldn't afford to pay he pitched in wherever possible. His love of community and of the island was unwavering and as he drove throughout the island in his old pickup, with the red wooden canopy, everyone would wave; Ken was all heart, good humour and generous spirit.

Ken was one of the pioneers and an ardent supporter of the Gabriola Commons, a grassroots community centre enjoyed by so many today. He lived a very full life in slow motion. He was a voracious gardener and gave food to *continued p.15...*



Growing old with grace

Aging seems to be the only available way to live a long life.

– Kitty O'Neill Collins

One of my clients confessed recently that she is afraid of getting old. She just turned 60. Some readers will think that is already old. However, I have had clients turning 30 or 40 who have the same fear.

It seems that until we reach 30, we do not think about aging; seemingly, life will go on forever. For a decade, we have been busy building our life, focusing on our careers and relationships, setting up a home and perhaps having children. Thirty may not be scary in and of itself; it is more the fact that it is the road leading to 40.

Life tends to keep us busy for another 20 years or so. By then, the children have grown up and are almost ready to leave home; we are well established in our work and, for the most part, we have simply been very busy being busy.

As 60 approaches, for many, there may be a slowing down. One might not have the energy or the drive to work as hard as one once did. Retirement is either here or on the near horizon and there may be grandchildren. Health issues may

*Soul has come into physical form for a journey,
a journey that has a beginning and an end.*

arise and even with cosmetic procedures, there may be the dreaded wrinkles.


By 60, one's parents, if still alive, are in their eighties or nineties. Yes, they are old. Very old. We look at them and see ourselves in another 20 years. The fact of our mortality is unavoidable. It begins to feel like it is all downhill from here.

This is when ego freaks out and it does so for many reasons, including for all that will decline or be lost. Mainly, though, it is because it realizes it is not in control. Time will win in the end. If we have identified throughout life with ego and physical form, it can feel as though we are falling apart, that life is falling apart.


However, we are so much more than ego and physical form. The soul, the essence of who we are, is timeless and eternal. Soul has come into physical form for a journey, a journey that has a beginning and an end. It is like soul was acting in a play and put on the costume representing who we are in this lifetime. When the play is over, the costume is discarded and soul moves on to what is next.

If we identify with soul and remain in touch with that eternal aspect of our being, having the body come to the end of its usefulness is not so frightening. It just means we are evolving out of this journey and getting ready for the next.

What we can do is be determined to make our years as good as they can be. We can take care of our health, keep active and keep the mind stimulated. We can enjoy our friends and family and treasure the time we spend with them. It is more important than ever to live in the moment and to savour those moments.

We can think of the end of life as a transition instead of an ending. It is something every one of us on Earth will go through. Hold to your spiritual beliefs or your own narrative about something wonderful waiting on the other side. Until then, make every day count, make the world better for your being here and keep the love in your heart flowing out into the world. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and the "Creating Healthy Relationships" series, visit www.gwen.ca See display ad this issue.

Experience the Power of Divine Healing Hands 
with Dr. and Master Zhi Gang Sha
World-Renowned Soul Healer, Soul Leader, Divine Channel
and Master Peter Hudoba and Master GK Khoe
Divine Channels and Worldwide Representatives of Master Sha



Master Peter Hudoba



Master GK Khoe

*I have the power to heal myself.
You have the power to heal yourself.
Together, we have the power
to heal the world.*
– Master Sha

New!
New York Times
Bestseller!



*Dr. Sha is an important teacher and a wonderful
healer with a valuable message about the power
of the soul to influence and transform all life.*
– Dr. Masaru Emoto, *The Hidden Messages in Water*

Divine Healings Hands are helping people around the world experience relief from chronic pain, boost energy and stamina, increase mobility and agility, and some even self-report transforming life-threatening conditions.

Visit YouTube.com/ZhiGangSha to see hundreds of personal soul healing miracles.

You can receive Divine Healing Hands blessings at Master Peter's and Master GK's events or through the new *Divine Healing Hands* book. Each copy is a healing treasure, pre-programmed by Master Sha to offer 20 Divine Healing Hands blessings to each recipient.

Free Soul Healing Evening with Master Peter

Monday • November 12, 19, 26, December 3, 10, 17 • 6–7:30 pm • Free

Introductory Lessons on Soul Mind Body Medicine with Master Peter

Wednesday • November 7, 14, 21, 28, December 5, 12, 19 • 5–6 pm • \$5

Chanting for World Peace with Master Peter

Thursday • November 8, 15, 22, 29, December 6, 13, 20, 27 • Free

**Divine Healing Hands Free Soul Healing Evenings
with Master Peter and Master GK**

Friday • November 9, 16, 23, December 14, 21, 28 • 6–7:30 pm • Free

Soul Healing with Master Peter and Master GK

Saturday • November 10, 17, 24, December 15, 29 • 1–4 pm • \$45

Soul Enlightenment with Master Peter and Master GK

Sunday • November 11, 18, 25, December 16, 30 • 1–4 pm • \$45

**Divine Healing Hands Certification Training
with Master GK, Master Peter and Master Sha**

Friday-Sunday • November 30–December 2 • 10 am–10 pm • \$625

Master Sha will join by webcast from Toronto! • Become a powerful Divine Healing Hands Soul Healer
Unique and extraordinary program! • Apply: DivineHealingHands.com

More than an invitation ... a sacred calling!

Location for all events unless noted: Love Peace Harmony Center-Vancouver
1280 Odium Drive, Vancouver, BC, V5L 3L9

604.336.4833 • www.facebook.com/pages/Love-Peace-Harmony-Vancouver
www.LovePeaceHarmonyVancouver.com

Institute of Soul Healing & Enlightenment™

888.3396815 • DrSha.com • Facebook.com/DrAndMasterSha

common ground

Every month, 1/4 million
Common Ground readers
seek out our resource directory
to find services and businesses
in alignment with their values
We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

Advertising deadline
the 15th of the month prior

resourcedirectory the best place to be



Books • Art • Music • Culture	30	Intuitive Arts	33
Business Services & Opportunities	30	Nutrition	33
Dentistry	30	Psychology, Therapy & Counselling	34
Education & Certification	30	Restaurants / Vegetarian	35
Health & Healing	31	Spiritual Practices	35

BOOKS • ART • MUSIC • CULTURE



**YES YOU CAN
SING!**
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES & OPPORTUNITIES



AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located between Kits and Main
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

Hours: Monday - Saturday
8 AM - 5 PM
396 5th Avenue West (at Yukon)
Vancouver, BC
V5Y 1J5

• Check out our website for 43 free
downloadable fuel saving tips.
Book an appointment online.
www.axlealley.ca
604-875-9988

DENTISTRY



North Vancouver
**Cosmetic
and Laser
Dentistry**

Dental Materials Biocompatibility test,
Safe removal of mercury fillings, Metal
Free restorations, Cosmetic dentistry, Metal
Free orthodontics, Sedation dentistry, Laser
Dentistry. New patients welcome.
www.drnasimanderson.com
1108-160 E. 14th St., North Vancouver
604-987-7272



**Quality care with
a sense of home
comfort**
Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant
Dentistry • Orthodontics (Braces & Invisalign)
• Endodontic • Oral Surgery (& wisdom teeth)
• Periodontics (Gum Treatment) • Sedation &
Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nv dental@shaw.ca

EDUCATION AND CERTIFICATION



**BRUHANSKI
ACTING
STUDIO**
www.bruhanski.com 604 879-2080

FALL PROGRAM STARTS NOW
Acting Classes – 8 week session
• beginners
• intermediate
• advanced
• private coaching available
Communication Skills Training
Weekend Seminars

ACT NOW
BRUHANSKI ACTING STUDIO, founded
in 1980, is a safe, dynamic creative space for
actors to learn the foundational skills to per-
form with honesty and artistry; and for the
non-actor, an opportunity to develop greater
empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, direc-
tor, and master teacher, Alex has taught in
Vancouver, L.A. and Montreal; was an art-
ist in residence at the Gestalt Institute of
Canada; led workshops in prisons and in the
mental health community; and volunteered
in palliative care programs.
www.bruhanski.com 604-879-2080

EDUCATION AND CERTIFICATION



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemau.com



**PACIFIC
Institute of
REFLEXOLOGY**

Most courses tax deductible

Reflexology Training Courses

Reflexology is taught and practiced as an intuitive healing art. Courses provide structure that supports you in developing an intuitive sense of reflexology with a holistic orientation.

Holistic Reflexology: An Introduction

Informational evening talk and "hands-on" presentation, \$10. See Datebook.

Basic Foot, Hand or Ear Reflexology

Certificate Courses: Twenty hours expert instruction, 40 hours practicum plus 10 hours home study prepare you to practice reflexology competently. \$395.

Advanced Reflexology Certificate Courses

Expand your knowledge to develop your effectiveness to a professional level. \$395.

Courses offered year round. See Datebook.

Courses accredited CMTBC, RAC.

Pacific Institute of Reflexology

535 West 10th Avenue @ Cambie

Vancouver, B.C. V5Z 1K9

(604) 875-8818

www.pacificreflexology.com

chrisshirley@pacificreflexology.com



**Out of Body
Experience
Guide**

www.obeguide.com

We offer workshops on practical techniques and methods to experience an **out-of-body state, lucid dreaming, or astral projection (The Phase)**. Participants learn how to enter, control and apply *The Phase* for: Traveling the world, space and time; Finding information; Self-healing; and Contacting deceased. Download free e-book.



**Edison
Institute
of Nutrition**

1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals

Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations. Call for our course catalogue.

HEALTH & HEALING

Expect Wonders!

Registered Doctor of TCM
Former Instructor of TCM
at Langara College
29 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca



Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders

- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders

- Neck and back pain
 - Bell's palsy (highly effective)
 - Headache, Sciatica
 - Arthritis, Tendonitis
 - Disc Syndrome
 - Stress and Depression
- Please read our Online Testimonials.**



**Wellspring Vision
Improvement Program**

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876

Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC



**PACIFIC
Institute of
REFLEXOLOGY**

Most courses tax deductible

Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to free stress and tension, relieve pain, improve circulation, and facilitate natural healing. Stimulation of foot, hand or ear reflexes revitalizes your whole body naturally.

One-hour private sessions: \$60.

Student Clinic: Tuesday evenings. Rejuvenate

yourself, you deserve it! **1hr sessions only \$20.** "FOOT REFLEXOLOGY: A Step-by-Step Guide." DVD or video. Enjoy pleasurable, quality time with family & friends: **\$22.95.** **Training:** Basic & advanced certificate courses prepare you to practice holistic reflexology competently and professionally: \$395. See Education and Certification Listing.

Books, charts and self help tools available. Enquire about franchise opportunities.

Pacific Institute of Reflexology

535 West 10th Avenue @ Cambie

Vancouver, B.C. V5Z 1K9

(604) 875-8818

www.pacificreflexology.com

chrisshirley@pacificreflexology.com



**Tian Chi Traditional Chinese
Medical Centre**

Thomas Cheng

Registered Acupuncturist & Herbalist

2225 Kingsway, Vancouver

778-862-4366 / 604-568-8079

tianchichinesemedicine@shaw.ca

Thomas Cheng has over 27 years of clinical experiences in both China and Canada including 14 years of service in the Chinese Army as a military doctor.

We provide these services:

Diagnosis, Natural Herbal Medicine, Acupuncture, Acupressure & Massage, Reflexology, TCM Cosmetology

We mainly provide treatments for:

neck & back pain, headache, insomnia, depression, diabetes, frequency of urination, kidney problems, skin allergies, gout & arthritis, hemorrhoids, high blood pressure, stroke, coronary heart disease, and tumors.

Our Specialty:

Prostate problems including prostatitis, prostatic, prostate tumour and prostate cancer, etc.

We accept:

MSP, ICBC, WCB & Extend Care

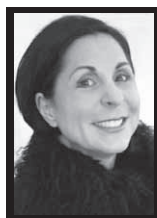


expert diagnosis
SKIN DISEASE TREATMENT
Extended Care

Dr. Andy Zhou (PhD) is a renowned Professor of TCM, Dermatologist, President of Dermatology Society of TCM, Registered Doctor of TCM, and Acupuncturist. He has worked with people worldwide and successfully treated most of his patients with his unique, herbal formulas. He has provided expert diagnosis in Vancouver since 1996.

- Psoriasis
- Eczema
- Atopic dermatitis
- Dermatitis
- Acne
- Vitiligo
- Hives
- Skin allergies, Rashes, Itching

Dr. Andy Zhou, PhD, DR. TCM
 Skin Disease Centre
 of Traditional Chinese Medicine (TCM)
 Regent Medical Building
 330-2184 West Broadway (@ Arbutus)
 Vancouver, BC, V6K 2E1
By appt: 604-736-6060
www.TCMdermatologist.com



Valerie Kemp
 CranioSacral
 Barbara Brennan Healing
 Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light, heart centered energetic touch and soft, gentle dialogue with the body, a journey of the Soul begins to the root cause of the issue.

Tissues and organs surrender, layers of emotion and memories melt away, taking us to the pure essence of being. Valerie invites you to join her in co-creating your healing journey of self-discovery, possibility, freedom and vibrant health!

Over 20 years experience in holistic healing and eclectic bodywork.

By appointment.

Please call 604-739-9916

Long-distance sessions available



Muscle Balancing Therapy

Non-invasive approach that improves posture by relaxing muscles. Painless stimulations applied to acupressure points to release stored tension, activate self-realignment of the body, reduce pain from muscle imbalances, and improve overall energy flow.

Colon Hydrotherapy

Safe and effective way to remove toxin from the colon by using purified, pressurized, and temperature regulated water into the colon. The weight of the water stimulates the natural peristalsis of the colon. We provide both open system and closed system to suit individual preferences.

Other Services

Biofeedback Therapy
 Live Blood Analysis

#165 - 9040 Blundell Road
 Richmond, BC V6Y1K3
604-889-4033
www.complete-health.ca



**ACUPUNCTURE
 HERBAL MEDICINE
 ANGELA LIU**
 Doctor of Traditional
 Chinese Medicine
 Registered Acupuncturist
Trained in Canada and China

Treatments for • Back pain • Stop smoking
 • Gynaecological, digestive and skin issues
 • Fatigue • Weight loss • Facial rejuvenation
Chinatown Office: 604-605-3382
 Chinatown Centre Medical Clinic
 #165 - 288 E. Georgia St.
Main St. Office: 778-239-7989
 Balance Acupuncture & Massage
 #105 - 4338 Main St.



DIVINEHEALING
 Spiritual Energy Healing
 Karmic Energy Massage
 Distance Healing
778-232-1243
www.divinehealing.biz

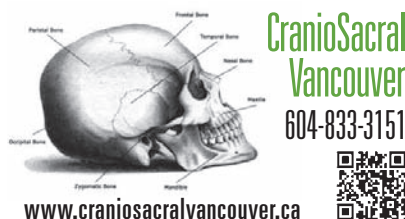
Through opening my third eye I had a Kundalini Awakening and received the gift of healing. By opening up the flow of energy in your subtle body you open up for the life energy to flow freely again, which will allow your physical body to regain its natural state of self-healing.

**TRUTH
 radio**
www.blunt.fm

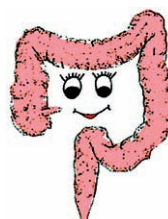
Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/soul, reduces human suffering, and brings world peace.
www.blunt.fm www.onlygodheals.com



25 years ago Omega Nutrition pioneered Flax Seed Oil in the North American market. 18 years ago Omega Nutrition introduced Coconut Oil when Tropical Fats were the boogeyman. Today: Apple Cider Vinegar, Prune Extract, Pumpkin Seed Products and much more... **www.omeganutrition.com**



- Migraines • Neck, Back Pain • Sinuses
- CNS Disorders • Learning Disabilities
- Scoliosis • Chronic Fatigue • Emotional Difficulties • Stress, Tension • Fibromyalgia
- Connective-Tissue Disorders • Neurovascular & Immune Disorders • Post-Traumatic Stress Disorder • Post-Surgical Dysfunction



THE HAPPY COLON
since 2000
Elena Lopez
 I-ACT certified
 colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
 By appointment only: **604-525-8400**
360 - 522 7th St., New Westminster, B.C.



A healing with Angela consists of channeled information revealed before and during your session. Pranic Healing can provide relief from various physical ailments and emotions like obsessive thoughts, rage, anxiety, heart-ache and much more.
Distance Healings available.
www.angelapaterson.com



Access Health & Wellness Clinic
Zahra Mazanderani
 Registered Acupuncturist
 & Herbalist
zahratcm@yahoo.com

- Facial Acupuncture, Wrinkle Removal
- Body & Ear Acupuncture, Chinese Herbs
- Digestive & Gynecological Issues, Allergies
- Migraine, Anxiety & Depression, Fatigue
- Gout, Tennis Elbow, Back & Neck pain
- 101-1221 Lonsdale Ave., North Vancouver**
Tel: 604-988-5698 Cell: 778-847-2026

HEALTH & HEALING



Qwest 4 Health

- LIVE BLOOD ANALYSIS
- IRIDOLOGY
- pH ASSESSMENT
- QUANTUM BIOFEEDBACK

www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulationand many more
Office: 604-531-3480 qwest4health@shaw.ca



Wonder Point WELLNESS CENTRE

Massage & Acupuncture
Traditional Chinese Medicine(TCM)
604-282-6227 604-336-0783
OPEN 7 DAYS A Week! 10am - 10pm
4071 Kingsway, Burnaby
www.wonderpointwc.com

Do you prefer non drug therapies?
Do you have any kind of persistent pain?

- We offer acupuncture and many styles of massage therapy to suit your individual needs.
- Enjoy whole refreshment for body and soul.

INTUITIVE ARTS



Geri De Stefano-Webre
Ph.D.

604-649-5590
PsiTherapy@gmail.com

PsiTherapy® is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world. Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337



Granville Island Psychic Studio

Phone Readings
Vancouver
Canada & USA
1-888-734-3354
www.psychicstudio.ca

HOME TO VANCOUVER'S BEST PSYCHICS, since 1996. Walk-ins welcome 7/7 11 to 5. Empower your life: Tarot, Palms, Reiki, Healings, Mediumship, etc. Across from The Keg, Marina Side. 1526 Duranleau St. Ph: 604-734-3354.
Info/map: www.PsychicStudio.ca



IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present...ACT!

Basically you have to suppress your own ambitions in order to be who you need to be.
– **Bob Dylan**



Michael Hey
Whale Channel, Healer
& New Energy Guide
604-600-4912
michael@seaofheartlight.com
www.seaofheartlight.com

Introducing "tee'me'ari elmeen" - A New Course: A 3-week course taught by Zoltan (polar bear) and Ba Shir (tiger) to take us on a journey from becoming more sensitive to changes occurring all around us to actively engaging energy towards inspired co creation.
http://michaelandaurora.wordpress.com/courses/

Worry is the interest paid by those who borrow trouble.
– **Thomas Jefferson**

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.



Lily Chandra
Medical Intuitive
Pet Psychic
Distance Healer
604.518.8668
lily@intuitiveenergyhealer.ca
www.intuitiveenergyhealer.ca

Health issues are a result of unprocessed emotions that leave imprints on the spirit. I heal the trauma and cleanse the memory from the DNA which creates a ripple in the energy body and transforms all aspects of your life.

NUTRITION



cooking vegetarian
BECOMING VEGETARIAN
BECOMING RAW

Books for vegetarians, vegans, raw foods enthusiasts, healthy eaters, and those changing their diets due to health concerns: these best selling books plus *Raising Vegetarian Children* (not shown). Available online, through all bookstores, and Banyan. Or arrange a consultation with dietitian/author Vesanto Melina.



Food Allergy Survival Guide
RAW FOOD REVOLUTION DIET
BECOMING VEGAN

Address weight, health, pregnancy, childhood, through senior years. A personalized 2-1/4 hour consultation (\$282 with tax) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical food tips.
604-882-6782
www.nutrispeak.com

Let us seek a world in which security is gained through disarmament, international cooperation and social justice, not through escalation and retaliation.
– **From a statement drafted by New York City staff of the War Resisters League, September 11, 2001**

NUTRITION



Nutrition Consultations & Meal Plans for:

- Skin Enhancement
- Athletic Performance
- Weight Loss
- Depression & SAD
- Digestive Issues

Learn how food can impact your everyday experience. Visit www.puravidanutrition.ca or call 778.998.8831 to learn more!

You cannot dream yourself into a character; you must hammer and forge yourself one.
– James A. Froude

PSYCHOLOGY, THERAPY & COUNSELLING



Therapy of the Whole Person John Arnold Ph.D.

Therapist /
Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK,

it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered

and resolved. If you are fed up and want to do something radical about your predicament, give me a call 604-261-2788 or visit my web page at www.members.shaw.ca/johnarnoldphd/

FREE YOURSELF

Jaminie Hilton
RCC

Masters in Counselling,
Chemical Dependency
Certificate



Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks
- Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression
- Anxiety
- Grief/Loss

• Relationship (from romantic to roommates)
I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call: 604-802-4126, VANCOUVER
www.jaminiehilton-counselling.ca



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!

Success Coaching

Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342
transformance@mac.com



CORE BELIEF ENGINEERING

Founder, Elly Roselle
PCTIA Registered
(604) 536-7402
www.corebelief.ca

Are you ready for real and lasting change in your life? Core Belief Engineering has been getting results since 1985 by revealing the core belief systems motivating all of our behaviours. Through a gentle dialogue with aspects of your mind, you identify and transform limiting beliefs into a life-enhancing base that supports your conscious choices.

CBE is for you:

- If you are looking for a breakthrough in your life
- If you want to free yourself of limiting patterns and compulsive behaviours
- If you want to open and strengthen your connection with your own deeper consciousness.

CBE works holistically with your mental, emotional, physical, spiritual and social beliefs and concerns.

Founder Elly Roselle offers private sessions and a PCTIA registered certification program.

(604) 536-7402 – www.corebelief.ca



Are you struggling with Depression, Anxiety, or Stress? Do you find yourself searching for a greater sense of meaning? You are not alone in your struggles... They are a natural part of the human experience and a natural part of a life story. The good news is that there is a path forward! Renewed perspective and re-awakened joy in life are

not only possible but the likely result of effective work done with a counsellor who listens to your story with a whole-hearted empathy. This is my goal and my mission and I am honoured to work with you to make the changes you need to live a richer and more fulfilled life.

Danzante Caldera, RPC(c)

VIDA Counselling
604 Columbia Street
Suite 459
New Westminster, BC
V3M 1A5

Phone: 604 220-6992
www.vida-counselling.ca



Give your kids a valuable gift of love by signing them to the TEEN LIFECLASS VANCOUVER's Weekend Courses. See our schedule on www.teenlifeclassvancouver.com
Topics for Teen Success include:

- Expressing Gratitude
- How to Create a HABIT
- How to Achieve Success without worrying

Experience is the name everyone gives to their mistakes.
– Oscar Wilde

PSYCHOLOGY, THERAPY & COUNSELLING



Life Coaching
Trish Lim-O'Donnell, C.C.P.
• Couples
• One-on-One • by Telephone
• Art Therapy Group
604-544-2902
Cell: 503-701-5102
trishlimodonnell@aol.com
www.trishlimodonnell.com

Live a joyous life by connecting with your passion; being who you are; engendering your soul-mate relationships; healing your family relationships; and integrating spiritual consciousness for health and happiness. You will break through to your own light and wisdom.
Now 50% off regular hourly rate for October.



HYPNOTHERAPY
Jackie Maclean
Clinical Hypnotherapist
The Power Within
604-551-4986
www.thepowerwithin.ca

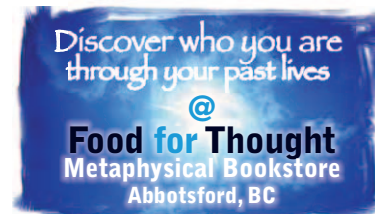
FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions:** tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS...GAIN CONFIDENCE.**
2 locations: Vancouver & Langley.

"Life Between Lives"



Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges" - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
604-741-7944
www.lifebetweenlives.ca



Can regressional hypnotherapy uncover origins of health and other concerns? Do we create our destiny in our 'Life Between Lives'? Hypnotherapist Jonny Enoch CCHT, uses techniques like Dr. Michael Newton uses in 'Journey & Destiny of Souls'.
Call for appointment. 604-853-9027
www.foodforthoughtbookstore.ca

RESTAURANTS

There are two ways to slide easily through life: to believe everything or to doubt everything; both ways save us from thinking.
- Alfred Korzybski



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver
604.872.8779 www.nirvanarestaurant.ca



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401, www.eastiseast.ca



"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*
Visit our new location
4413 Main Street @ 28th 879-2020

VEGETARIAN RESTAURANTS



Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.



"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151**.

SPIRITUAL PRACTICES



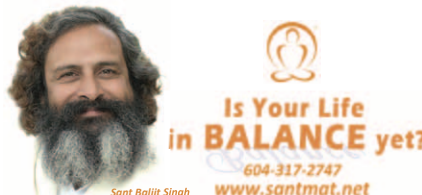
Our open affirming spiritual community honours all paths to Spirit.
SUNDAY MEDITATION 10:15 am
CELEBRATION SVC 11 am
Y.E.S. SUN. KIDS PROGRAM 11 am
BIRTH 2012 MEET-UP GRP WED 8 pm
Maritime Labour Centre, 1880 Triumph St @ Victoria Free parking on Pandora

Fri, Nov. 2 - 7-10 pm Acclaimed Film: *People vs the State of Illusion*
+ Q&A w/Filmmaker Adv Tx \$15 at CSL.
\$20 at door @ 41st & Oak
Sun Nov 4 & 11, 12 pm CSL Holiday Silent Auction. Bids close Nov 11. Donate goods, gifts, services for business promo & charity deductions.

Fri Nov 16, 7 pm *World Kindness Concert*
@ Ctr for Performing Arts
Adv Tx \$39 at CSL

vancouver.csl.org • Info: 604-321-1225
Check class and calendar website pages.
Like us on Facebook, Twitter & YouTube.

*Do what makes you happy
Be with those who make you smile
Laugh as much as you breathe
Love as long as you live*
- Unknown



Simple changes can bring more meaning to your life, create happiness and well-being. Ongoing free programs on the spiritual practice of meditation on inner Light and Sound. Every Tuesday, 7 pm.
Location: Pacific Institute of Reflexology
535 W. 10th Ave, Vancouver
Free parking in the back.

The slow burn fire as fable and fortune

Fire has a way of getting people's attention. Some years back, during a period of change in my life, I made arrangements to stay at a friend's cabin in the interior. Driving up the Coquihalla Highway, we were surprised to see columns of ash in the distance, rising into the sky. We hadn't intentionally planned to travel toward one of the greatest wildfires in provincial history, but we carried on anyway, like moths to a flame.

Our destination was a cabin perched on a cliffside in Westbank. On arrival at this idyllic spot, I pulled a text from a bookshelf for bathroom reading. I opened Joseph Campbell's *The Masks of God: Oriental Mythology* to a random spot and my eyes fell on this passage:

"All things, O priests," said the Buddha in his famous Fire Sermon, "are on fire. And what, O priests, are all these things which are on fire? The eye, O priests, is on fire; forms are on fire; eye-consciousness is on fire; impressions received by the eye are on fire; and whatever sensation, pleasant, unpleasant, or indifferent, originates in dependence on impressions received by the eye, that also is on fire."

It's all going up in smoke, according to Buddha: "The tongue is on fire; tastes are on fire; ...the body is on fire; things tangible are on fire; ...the mind is on fire; ideas are on fire; ...mind-consciousness is on fire; impressions received by the mind are on fire."

I dropped the book in my lap and thought, with the scent of smoke hanging in the air, "that's interesting."

As twilight fell, my host and I had ringside seats overlooking Kelowna and the inferno building at the town's outskirts. Dust scattered the remaining sunlight, turning the sky a technicolour purple. Pyroclastic clouds boiled thousands of feet into the air and if that weren't enough, lightning bolts flashed vertically from cloud to cloud in a scene worthy of some fifties' biblical blockbuster.

That night, I could make out flames in the distance, but it seemed as if my eyes were playing tricks on me. Given the height of the buildings in the foreground, the flames must have been up to 60 feet in height. That couldn't be right, I thought. I later heard a similar estimate from firefighters who had never fought a blaze of this scale before.

The two of us were witnessing something sublime:



literally, a "terrible beauty" expressing nature's primal force. We were momentarily safe at our vantage point, but Kelowna residents, evacuated from their homes to local school gymnasiums, were terrified of losing everything. Some did. Luckily, the winds died down and the day-long inferno failed to spread into the town centre.

Wikipedia defines fire as "the rapid oxidation of a material in the exothermic chemical process of combustion, releasing heat, light and various reaction products." All you need is heat, fuel and oxygen and there's no shortage of that on planet Earth, which is perpetually on the edge of conflagration. Oxygen, a highly reactive gas, constitutes 21 percent of the atmosphere. If the concentration were even slightly higher, a global firestorm would result. (The probability of a forest fire being ignited increases by as much as 70 percent for every one percent increase in the percentage of atmospheric oxygen, notes Michael Denton in *Nature's Destiny*.) In fact, a number of the scientists working on the atomic bomb at the top-secret Manhattan Project were seriously concerned that the first nuclear detonation at Alamogordo, New Mexico would set the entire atmosphere ablaze. Fortunately for humanity, their fears didn't pan out, but there was no way they or

their colleagues could have known for sure until they lit the nuclear match.

I didn't get the Fire Sermon at first; it seemed to me like a piece of eastern wisdom lost in translation. I understand it better now. In mythological terms, fire has been a perennial motif for transformation, of turning one thing into something else while radiating light in the process. In Buddha's Fire Sermon, human existence is bundled with "the fire of hatred, with the fire of infatuation; with birth, old age, death, sorrow, lamentation, misery, grief, and despair." (I would add joy, laughter and pleasure to the list of inflammable items).

Where would our mythmakers, storytellers, singer-songwriters and poets be without fire? You could interpret Robert Frost's twentieth century poem, *Fire and Ice*, as a New England plug-in to eastern software: "Some say the world will end in fire/Some say in ice/From what I've tasted of desire/I hold with those who favour fire..."

Beyond that, you and I are burning all the time, literally. Combustion is the prime mover of our biochemistry, in a process of carbohydrate catabolism called Krebs cycle. It's one of the major processes that keeps us mammals moving, thinking and feeling – a slow burn that's cousin to the oxidation that slowly yellows the pages of acid-treated books. We are literally combusting – changing irreversibly from moment to moment – from the very things that keep us attached to the wheel of existence.

In his essay "Is Life Worth Living?" American philosopher William James noted that life swings between two poles: positive and negative, pleasure and pain, good and bad. The effort to live according to the pleasure principle alone, undisturbed or unperturbed by life's changing fortunes, negates the very polarity that gives life depth.

"It is, indeed, a remarkable fact that sufferings and hardships do not, as a rule, abate the love of life; they seem, on the contrary, usually to give it a keener zest. The sovereign source of melancholy is repletion. Need and struggle are what excite and inspire us; our hour of triumph is what brings the void. Not the Jews of the captivity, but those of the days of Solomon's glory are those from whom the pessimistic utterances in our Bible come," James wrote.

At one end of the spectrum, our trend-conscious culture embraces calmness and non-attachment as a lifestyle option. Urban hipsters outfitted with yoga mats and water bottles seek to find the stillness within that will free them – if only momentarily – from the constant buzz of mental distraction and restlessness.

At the other end of the spectrum, we pay lip service to Neil Young's romantic rock n' roll dictum that "It's better to burn out than to fade away." We are mournful but not mystified when one of our culture heroes does the Promethean thing and smacks into the ground after flying too close to the sun... like Hunter S. Thompson, Heath Ledger, John Belushi, Janis Joplin, Kurt Cobain, David Foster Wallace, Ann Sexton, Amy Winehouse, *et al.*

In his 1957 beat novel, *On the Road*, Jack Kerouac famously heralded "the mad ones, the ones who are mad to live, mad to talk, mad to be saved, desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn like fabulous yellow roman candles exploding like spiders across the stars..."

By the mid-sixties, Kerouac was a shambolic figure with little left to say; an alcoholic living with his mother and third wife. He died at 47 of internal haemorrhaging, brought on by a lifetime of heavy drinking. As a sometimes Buddhist, the beat author may well have come across the Tibetan notion that even heavenly pleasures have a hellish aspect. This notion is supported by contemporary brain research on addiction. For example, the pyrotechnic kick of crystal methamphetamine is said to be 24 times more pleasurable than sexual contact. The flip side of the receptor-site rush is the dopamine drought of meth withdrawal, which sometimes results in criminal acts of incredible violence and depravity. There are some bonfires best left unlit.

The other pole has dangers of its own. Some of us cling so desperately to safe, risk-free conditions we never really experience life in its full tragicomedy. There's no danger of getting burned; there isn't much chance of more than a flicker, either.

Last spring, a friend living out east called with some bad news. He had inoperable cancer, but was adamant he would beat it. My friend, in his late fifties – I'll call him Simon – believed in the power of the mind to alter reality down to the cellular level. I knew the odds against fourth-stage lung cancer were slim to none, but I wasn't about to share my thoughts; that would have been callous. We talked about alternative therapies to supplement any hospital treatments and I offered to send some meditation/relaxation CDs his way, which he appreciated greatly.

We were more casual friends than anything else so I never got a fix on the fine details of Simon's life. But I always enjoyed our conversations, which we renewed once or twice a year when he was in town. We met back in the nineties, when he commissioned me to do a T-shirt design. A sensitive man with a good sense of humour, he had an impressive talent for high-end web design. From what I know, Simon only nailed down a handful of high-paying clients for his services. He wasn't great at self-promotion – a common character trait of creative people – and felt ambivalent about working for big corporations.

Simon had been single for most of the time I had known him and had only recently began a long-distance relationship with a woman in the States. He never seemed to be one for an excessive lifestyle, although I remember he once mentioned moving away from LA because of the drug scene in the entertainment industry. He told amusing stories about some of the Hollywood stars he met and he talked about other stars – specifically, the Pleiades, supposedly the interstellar source of accurate information from a channeller he met.

We talked several times on the phone after his diagnosis, but kept in touch mostly by email. After a month-long lapse, I sent him a message early in August requesting his phone number, which I had misplaced. There was no response. A short time later, I went looking online for his number and discovered a funeral service in his town for a man of his name and age, just two days after my last message. I had that melancholy, uncanny feeling that someone I knew had disappeared from the scene like a coin in a magician's hand.



Some of us cling so desperately to safe, risk-free conditions we never really experience life in its full tragicomedy. There's no danger of getting burned; there isn't much chance of more than a flicker, either.

In his last conversation with me, Simon described his diagnosis of cancer a "gift." He wasn't talking clichéd affirmations about turning lemons into lemonade; he meant it literally, he insisted. He had at last found peace with his family and lived with his parents in his final months. His illness had become an opportunity for Simon to complete some unfinished work. William James' words, about the unsuspected benefits of suffering and hardship, sprang to my mind.

Human beings are remarkably fragile creatures. We can physically survive in only a very narrow range of temperature and atmospheric pressure, in a thin skein of the Earth's biosphere. Our chemically congenial bodies react with all sorts of toxic and nontoxic compounds, making us open to a vast range of molecular entanglements, both good and bad.

On top of that, we are 75 percent water, making us highly vulnerable to physical impacts. We're in regular danger of damaging ourselves in so many different ways so it's remarkable most of us get to an advanced age without looking like the limbless Black Knight in Monty Python's *Holy Grail*. (Even though we have the specific gravity of Jell-O, there are still plenty of drivers who drive under the influence of mobile devices, as if auditioning for Darwin Awards.)

We are an unspecialized species equipped with only

our wits to survive. In many places on Spaceship Earth, a naked human being has about as much chance of survival overnight as a mole rat in the Large Hadron Collider. (That's one reason why so many cheered "Fearless" Felix Baumgartner's recent world record for skydiving from the edge of space. Considering what could have happened to the adventurer on the way down – a death-metal lyric sheet of bodily horrors – you can only applaud the *sangfroid* of someone who challenged the planet's most extreme environment and won.)

We sometimes look to nature for examples of an inner harmony that often eludes us. But even here, we find no prior model for calm existence. Even in complex ecosystems, we rarely find true equilibrium, but rather what ecologists call "dynamic disequilibrium." Populations of animals regularly overbreed and crash, with the effects rippling throughout the food chain. Nature is certainly not all tooth and claw – there are myriad examples of cooperation across and between species – but life is perpetually balanced between creation and destruction and it can't be otherwise. It's the boundary between order and disorder where complexity flourishes, scientists tell us. It's the fragility and finiteness of life that allow embodied beings to exist in the first place. Like fire, it's about transformation; always has been, and always will be. As Aldous Huxley once observed, "The only completely consistent people are the dead."

I recently ran into someone who knew Simon – let's call him Allen – and told him the bad news. We talked for a bit about his struggle, and I mentioned how Simon thought he could lick his diagnosis. "We are so in denial of death in this culture," Allen said, shaking his head. New-agers and non-believers seem to be in agreement in this regard: aging is something unnatural and wrong, a biological flaw we can cheat through medicine or focused intention – or, at the very least, disguise through makeup, surgical alteration and Internet avatars. And if we live long enough, consciousness-preserving salvation from a technological "singularity" a few decades down the road.

The Tibetan monks beloved by Lululemon-wearing westerners don't buy such sophisticated self-deception, Allen observed. The spiritual practice known as Chöd occasionally involves meditation in cemeteries at night, as a reminder of the constant nearness of death.

Although Simon was fooling himself about his own chances – I could certainly see myself doing the same, given the circumstances – when he talked about how cancer was a "gift" that brought him closer to his family, his voice seemed touched by grace. He was too young to go and his wick was just about done, but there was a late-stage burst of incandescence.

Life is a tough business. We're all on fire and on borrowed time, at least in our current, transient forms. I can't see how this knowledge can do anything more than encourage compassion for all beings, ourselves included. We are all in this together – "this" being a colourful conflagration that has continued for billions of years, with forms shedding forms in a ceaseless burning and yearning that sometimes ignites into a blaze of light.

www.geoffolson.com



International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 25 years of excellence
in TCM Education

Diploma programs
Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist

Very high passing rates
in CTCMA Board Exams.

Eligible for HRSDC Funding
and Student Loans
We accept transfer credits

Chinese Tui Na Massage
Short Term Certificate Program
Starts November 1, 2012

CLINIC OPEN TO PUBLIC

Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological
disorders, allergies, arthritis,
depression, other chronic
conditions and much more.

FREE info sessions
on programs

Thursdays 2 - 4 pm
Nov. 8 & 22



Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver,
no other locations.

Events/Datebook

November is World Vegan Month

For rates & placements email
datebook@commonground.ca

NOV 4 & 25

Rick Scott X-Pied Pumpkin presents The Great Gazzo musical novel: Nov 4: Rogue Folk Club, St. James Hall, 6PM. Nov. 25: Victoria Folk Club, 8PM. www.rickscott.ca, www.gazzo.com

NOV 7 & NOV 10-12

Chuck Spezzano Evening: Be part of the shift in personal and global consciousness. Sandman Hotel, 180 West Georgia, Vancouver. 7-10PM, 3-day workshop, www.povcanada.com

NOV 8 & 9

Jeff Rubin: Nov 9: Talk and book signing The End of Growth, UBC Robson Square Theatre, 7PM. Tickets \$15, Banyen/door, 604-732-7912. Nov 8: Jeff co-presents with David Suzuki, 7:30-9:30PM, Alix Goolden Hall, 907 Pandora St., Victoria, 250-595-4232.

NOV 9-11

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, \$10; Course \$395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

NOV 15 & 27

Mood & Food Workshop: Are you tired of feeling tired? \$20, 5022 Prince Albert, Vancouver. Visit www.puravidanutrition.ca or call 778-998-8831.

NOV 17

B.E.A.R "Stand For The Bear" CD release celebration, including footage from the Great Bear Rainforest adventure & the Great Bear Guardians "End The Trophy Hunt" Indiegogo campaign video. 7PM, Prana Yoga, 291 East 2nd Ave., Vancouver. TIX: 604-618-7504.

NOV 17

Free Talk on "Health Karma" & Past Life Workshop: 1-5PM, West Vancouver. Experience a journey into YOUR PAST to find out the roots of your pain and aches. www.lifebetweenlives.ca/Events

NOV 18

Enlightened Living - Free Class: HEALTHY VEGETARIAN & VEGAN FOOD OPTIONS

for our FAVOURITE MEALS, 2-4PM. Meditation & Ecology Centre, 11011 Shell Road, Richmond. Linda, 604-985-5840.

NOV 18

J.Krishnamurti in Beyond Myth and Tradition Series with Evelyne Blau: What Is The Religious Mind? Free DVD showing, dialogue, refreshments. Vancouver Public Library downtown, 7th Floor, Board Breakout Room, 1:45PM. Look us up on and register at 604-354-1534; meetup.com; krishnamurtigroup@live.com

NOV 19-25

Charles Eisenstein: Living the New Economy: 7 days of events: converging ideas, resources & people to help you thrive in the New Economy. Performance Works, Granville Island. Tickets: www.NewEconomy.ca

NOV 22-25

Drunvalo Melchizedek's Awakening the Illuminated Heart 4-day workshop. Create a permanent Merkaba from your sacred space. \$444. Certified Teacher Laurie Cornell, www.morningstartransformations.com 604-531-5156

NOV 29

Transmission Meditation: A transformational world service. Join us for an introduction and hands-on experience of the Aquarian energies of synthesis which are beginning to influence and transform our lives. Take action to add to the global network of light. Free presentation 7PM, Roundhouse Community Centre, www.transmissionmeditation.org 778-866-9568.

DEC 7-9

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, \$10; Course \$395. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

DEC 9

Adam DreamHealer Heal Yourself workshop Vancouver. Experience Self- Empowerment as Adam orchestrates 2 group healing sessions &

teaches techniques to continue your healing. All registration www.dreamhealer.com

ONGOING

ADNC Neurofeedback Centre: Train yourself to induce Neuroplasticity! Learn to reduce Headaches, Pain, Stress, ADHD, Autism, Addictions, & Improve Performance! 604-730-9600, www.neurofeedbackclinic.ca

Brahma Kumaris Meditation Centre: Learn the benefits of Raja Yoga Meditation and participate in our lectures and programs. Free as Community Service. 604-436-4795, vancouver@ca.bkwsu.org, www.bkwsu.org

September-November: Want to be a healer? Register to be a professional Backhealer. Experience a free session today. www.thebackhealer.com. 604-366-4743.

Experience the Power of Divine Healing Hands with Dr. and Master Zhi Gang Sha, world renowned Soul Healer, Inspired teacher, Divine Channel and Master GK Khoe and Master Peter Hudoba. 604-336-4833. Dates & details for November at www.LovePeaceHarmonyVancouver.com

Experience the Yuen Method and feel instant relief. With Colette Stefan. Free Demo Nov. 20 in Vancouver. Intro Seminar Nov. 21 Chilliwack. Level 2/3 Nov. 23-25 in Vancouver. www.CrystallineVision.com

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for practical spirituality with great music. Meditation: 10:15 AM. 1880 Triumph Street, Suite 8 (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

TUESDAYS

Reflexology Student Clinic 6-10pm. One- hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

THURSDAYS

Learn to meditate: FREE intro talk on Transcendental Meditation, every Thursday night, 7pm. 3331 No.3 Road, North Richmond, 778-996-9025, vancouver@tm.org

Questions and answers with Aurora, a beluga whale and Master Guide. Live channelling every Thurs., 6-8PM at the new D'ash'a'mote studio. Call Michael 604-600-4912 for info or email michael@seaofoheartlight.com, www.seaofoheartlight.com By donation.

A 5-step program for the Greening of the Face

Available at: www.amazon.com
www.chapters.ca
www.barnesandnoble.com

EAST IS EAST
LIVE MUSIC AT MAIN
4413 MAIN ST
(MAIN AND 28TH)

THURSDAY ~ GYPSY MUSIC
FRIDAY ~ PERSIAN AND FUSION
SATURDAY ~ FLAMENCO
WWW.EASTISEAST.CA

Classified

For rates & placements email
classified@commonground.ca

BELIZE YOGA JOB

ISLAND EXPEDITIONS HAS OPPORTUNITIES for Certified Yoga Instructors to instruct in Belize. Please go to <http://www.islandexpeditions.com/ie-tripdesc-belize-yoga-instructors.html> for full details or contact Lesley at 1-800-667-1630.

HEALTH

ALIGN WITH JOY, GREATNESS & PEACE: Transcend limiting patterns and Beliefs. Matrix Energetics ~ the Reconnection ~ Healing Touch Massage, www.lightsourceactivation.com 604-730-8029.

LIVE A LIFE OF LOVE JOY & VIBRANCY: Emotional Healing, Shifting Limiting Core Beliefs, www.brendainnes.com 778-571-1472.

MASSAGE CLASSES

FUSION MASSAGE, THAI MASSAGE, "Thai Massage on the Table." Beginners massage and R.M.T. classes for ceus." Info: www.academyofmassage.ca 250-537-1219.

RETREATS

REJUVENATE IN MEXICO – HIDDEN JEWEL of Mexico: Puerto Escondido, Oaxaca B&B. Personalized Service. Individuals and couples. Massage, life coaching, tours, private transportation. www.SpiritualRetreatMexico.com

ROOMS FOR RENT

NEWLY RENOVATED SPACE: Central North Vancouver. Larger carpeted hall, smaller room. Kitchen facilities. Flexible hours. Michael: 604-987-4935, stradermr1956@gmail.com

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/ Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC COACHING

BREAK FREE FROM SELF-SABOTAGE & DISCOVER DEFEATING PATTERNS your conscious mind cannot uncover. Trance drum journeys, Mayan Book of Life Tarot readings, crystal & vibrational healing, karma releasing. Email: sonyaweir@uniserve.com or call 778-227-2939. www.eaglefireshamaniccoaching.com

SPIRITUAL EMERGENCE THERAPY GROUP

SHARE SE EXPERIENCES; integrate, learn and grow through group support. Facilitated by an experienced therapist. 2-hours/week, five sessions for \$75. Contact: ses@spiritualemergence.net

TAROT

PSYCHIC TAROT READINGS: Mondays 10-5PM. Drop into THE TAROT ROOM, Granville Island, Creekside Building (Beside the Marketplace). \$30/15 mins, \$60/30 mins.



BANYEN
books & sound

OIL & THE END OF GROWTH
JEFF RUBIN
Fri, Nov. 9 7pm
UBC Robson Square Theatre (Downtown)
\$15 tickets at Banyen
30% off book with tkt!

meet BRUCE LIPTON
Fri, Nov. 16 6:30pm
Signing at Banyen
Sat, Nov. 17 Workshop
The Biology of Belief

CHARLES EISENSTEIN
SACRED ECONOMICS
Wed, Nov. 21 Noon
FREE Talk & Signing
banyen.com 604-732-7912



Bring this ad
for FREE entry!

\$20
@
DOOR

Falling Forward Growing through Crisis and Challenge

with
Catherine & Duane O'Kane

Wed Dec 5, 7:30 pm sharp

Unity of Vancouver

5840 Oak St at 41st

Clearmind.com



BRUHANSKI ACTING STUDIO

All classes personally taught by Alex Bruhanski

Fall program starts NOW

Acting Classes are 8 week sessions

- beginners
- intermediate
- master class
- one on one coaching

Personal Development Seminars:

- one day intensive
- interpersonal communication skills

THIRTY TWO YEARS OF EXCELLENCE 1980 2012

ACT NOW

Registration information:
www.bruhanski.com
(604) 879-2080

pure, fresh

Protect our Food from Genetic Engineering

DONATE TODAY

TO THE CANADIAN BIOTECHNOLOGY ACTION NETWORK

cban.ca

NON-TOXIC DRYCLEANING

helpinghand
CLEANERS

Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

Using less energy - The real alternative

How many once-in-a-century accidents have to happen before we recognize they've become the norm and not the exception? And if we accept them as the norm, what does that say about our relentless quest for more energy? We can't continue to increase our energy consumption exponentially without expecting to pay ever-greater costs. Even as our attempts become more desperate, it's easy to understand why we keep trying. When we stop finding new sources of energy, our economies stop growing.

Growth is the Holy Grail of modern societies. It's the common denominator underlying nearly every action taken by corporations and governments. Whether it's the sales manager at your local electronics store, the developer of a new housing project or a finance minister trying to close a huge budget deficit, each one prays at the altar of growth. Economic expansion comes in all shapes and sizes. It can be spotted in the building cranes above your city's skyline, in the bustle of shoppers at the mall on a busy Saturday and in the freshly turned sod of a new subdivision. All of this activity feeds into Gross Domestic Product (GDP), the total measure of what a country's economy produces each year.

Of course, growth also comes with a lot of costs. Without growth, we could stop building new highways for the burgeoning number of new vehicles that hit the road every year. We wouldn't have to build more nuclear energy facilities or coal-fired power plants to meet our expanding electricity needs. We could stop our cities from sprawling into the countryside to make room for new suburbanites. And we could cut back on the amount of greenhouse gases we emit into the atmosphere.

For the economics profession, the notion of a world without growth is pure science fiction. While most economists now acknowledge that expensive energy curtails GDP, the majority also believe that technological innovations will allow us to leap over the hurdles presented by resource scarcity.

Historians take a different view. The decline of the Roman Empire has captured the world's imagination for centuries, as have the collapse of Mayan society and the disappearance of people from Easter Island. Indeed, history is the story of the rise and fall of civilizations large and small. The exact reasons for social collapse are rarely known, but many theories cite resource scarcity as a contributing factor. Whether [or not] constraints on resources, such as food and water, is the driving reason behind societal failures will remain lost in the mists of time, but

one thing is indisputable: civilizations that once flourished have eventually floundered. But most economists these days seem to have short memories. Viewed from the limited perspective of the post-war era, resource constraints and a scarcity of fossil fuels in particular appear to them to be no match for human ingenuity, which keeps finding ways to supply the world with more energy. However, rising resource prices are telling us that technological advancements are now coming up short.

We could hardly pick a worse time for higher energy costs to start squeezing the growth out of the global economy. The modern world counts on economic growth to support population expansion as well as satisfy the desire for higher incomes and all the extra things money can buy. Since the last recession, the need for GDP growth has become even more urgent. Economic growth will provide the financial wherewithal that allows governments to service the debts accumulated during that downturn. Right now, though, the

global economy is discovering that chasing growth is a catch-22. Our countries need GDP growth to repay the debt acquired during the last oil price-induced recession, but achieving that growth will bring back the same high prices that killed growth in the first place.



The solution to higher energy prices won't come from finding larger oil reserves or building more nuclear plants.

Finding the energy to fuel our economies is no longer enough; we need that energy to be affordable. That's why the oil industry is going to such lengths to tap the world's resources. That's why we're changing dictatorial regimes in Libya, propping up an absolutist monarchy in Saudi Arabia, digging up pristine forests in northern Alberta and drilling beneath the icy waters of the Arctic Ocean.


In the United States, the Obama administration, which fined BP billions for the Macondo fiasco, is issuing permits for deepwater exploration in the Gulf of Mexico. I guess the White House is betting other offshore drillers will have better luck contending with the ultrahigh pressures at the bottom of the ocean. On the other side of the world, China is building new nuclear plants in coastal

areas that are prone to the same magnitude of earthquake that caused the Fukushima disaster. Beijing is undoubtedly hoping for a luckier roll of the dice when the next seismic event occurs.

The choice currently being made by most politicians to simply to cross their fingers and hope for the best is hardly a sound way to deal with mounting energy costs. And in any event, the solution to higher energy prices won't come from finding larger oil reserves or building more nuclear plants. Nor will it come from a technological breakthrough in renewable energy. We aren't going to suddenly discover that solar panels or wind turbines hold a magic key that will power our economies. Instead, the solution to higher energy costs is quite simple: learn to use less energy. That doesn't mean returning to the Stone Age. People in some countries, such as Denmark, live quite happily while also using a lot less energy.

The sooner more nations learn how to curb energy demand, the better it will be for everyone. In a world of energy scarcity, consuming more fuel comes at someone else's expense. One country's gain is another's loss. It's a pending reality that will affect how much oil everyone gets to burn from now on. And if you live in North America or western Europe, you can expect your fuel allotment to be much more modest than it's been for the last few decades.

Over time, our economies will become greener and more efficient. That's the hope, anyway. In the last forty years, we've made massive gains in fuel efficiency in places such as North America, Western Europe and Japan. But at the same time, economic growth and a rising global population have meant that our total energy consumption has become greater than ever before. And now emerging economic giants such as China and India are looking to claim a larger share of global energy supply. Hundreds of millions of Chinese and Indians are moving from rural lives, where they consumed sparse amounts of fuel, to energy-intensive urban lifestyles. As these folks fill up the gas tanks of their brand new cars and flip on light switches in their new apartments, how will the world keep pace with the fresh demand for energy?

One day, we may come up with a fuel alternative that will allow our energy consumption to increase by leaps and bounds. Renewable energy certainly has room to become a larger part of our power mix and thanks to technological advances, that's exactly what's happening right now. 

Excerpted from **The End of Growth** by Jeff Rubin, copyright 2012 Jeffrey Rubin Enterprises Inc. Published by Random House Canada. Reproduced by arrangement with the publisher. All rights reserved.

Vancouver November 9: Talk and book signing at UBC Robson Square Theatre, 7PM. Tickets \$15 at Banyen Books/door, 604-732-7912. **Victoria November 8:** Jeff co-presents with David Suzuki, 7:30-9:30PM, Alix Goolden Hal, 907 Pandora Street, Victoria, 250-595-4232.



John's wife calls him her
Multimate Man

Sue's husband calls her his
Multimate Woman



Let liquid *Nutri MULTI*™
for men bring out the
ultimate in you!

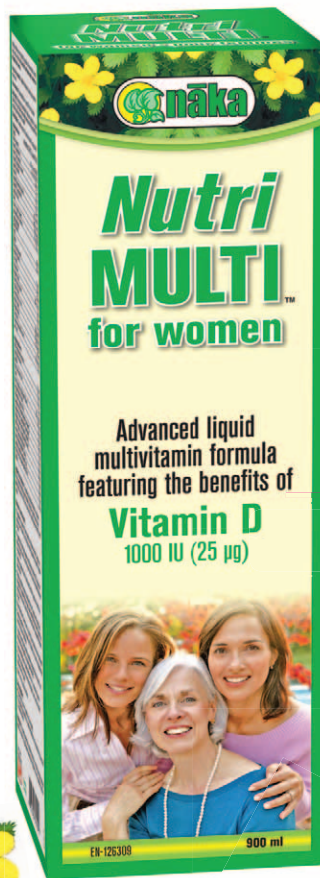
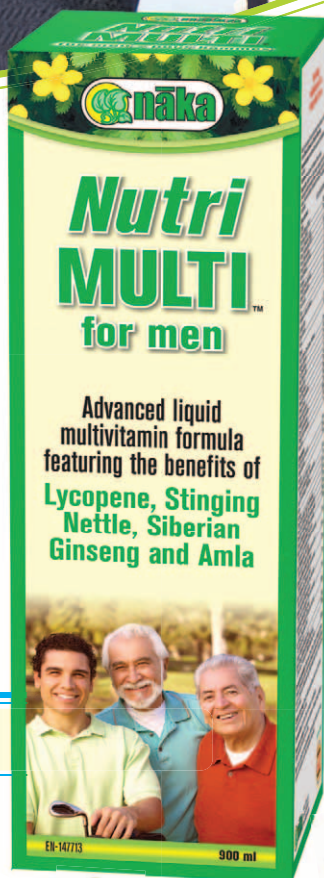


This superior multivitamin liquid was created for the unique nutritional needs of men and provides essential vitamins, minerals and more.



Naka's *Nutri MULTI* for men also features the power of...

- **Lycopene** for prostate protection
- **Stinging Nettle** can help reduce the symptoms of BPH
- **Siberian Ginseng** may enhance sexual performance



Let liquid *Nutri MULTI*™
for women bring out the
ultimate in you!



Women can trust this great tasting multivitamin liquid featuring a synergistic blend of vitamins and minerals perfect for the female body.



Naka's *Nutri MULTI* for women also has the benefits of...

- **Vitamin D (1000 IU)** for stronger bones and teeth
- **Black Currant Oil** may reduce the symptoms of menopause
- **Cranberry** to help prevent urinary track infections
- **Boron** can help prevent osteoporosis

Get up to **98% Absorption**

with **Nutri MULTI** liquid!

Capsules & tabs get only 20% - 40%*

*Absorption according to the Physician's Desk Reference, p.1542

Check us out on



Made in
Canada



The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.



www.NakaHerbs.com

Live well and live healthy with
Naka Herbs and Vitamins

New for Your Health



Birch Syrup

The Liquid Gold of the Cariboo

For Sweet Tree Ventures of Quesnel, BC, "Sugar Shack" has a whole new meaning. Birch Syrup has become the liquid gold of BC and recent research on birch sap and syrup demands we pay attention to the medicinal properties they contain. Sweet Tree's Birch Syrup contains mainly fructose sugars, calcium, manganese, magnesium, zinc and vitamin C. Customer favourites include the syrup, gluten-free BBQ sauce, toffee and fudge. 250-249-5466. Available in stores in BC and Alberta or online at www.sweettreeventures.com

Bio-Vert Fruit & Veggie Cleaner

Even organic produce should be washed! Why? Because it can be exposed to contaminated water, fertilizers and human contact. This is why Bio-Vert now offers a fruit and veggie



cleaner (a tasteless and residue free formula) which helps to remove the pesticides, bacteria and dirt on all fresh fruits and vegetables. The formula is tasteless, odourless, residue free and septic tank-friendly. Containers are made from 25% post-consumer recycled content. Visit www.bio-vert.com for a list of retail locations. 800-727-4977.



TriStar Naturals Vision Supremacy

A picture is worth a thousand words. So make every image worth seeing and every word worth reading through healthy eyes. TriStar Naturals Vision Supremacy veggie caps help maintain healthy eyesight and protect eyes from age-related macular degeneration. This superior formula features vitamins A, C, E and B6, plus Zinc, Selenium, N-Acetyl-L-Cysteine, Grape Seed Extract, Eyebright, Quercetin, Rutin, Taurine and more. It's a great way to help reduce the risk of cataracts and is recommended by Dr. Zoltan Rona. www.tristarnaturals.com

Strauss Heartdrops

Strauss Heartdrops (NPN 80030089) contain 100% all natural ingredients and are used in herbal medicine to help maintain cardiovascular health and reduce elevated blood lipid levels/hyperlipidemia (e.g. cholesterol) in adults. The Strauss Herb Company exists to enhance people's lives and health through the




use of quality herbal products. All Strauss Herb Company products are unique and formulated to empower and strengthen specific body functions that have become deficient. 100% Canadian owned & manufactured. 866-478-2873, www.straussherbco.com

Deep Powerful Change!

Gwen Randall-Young, Psychologist

Featured CD:
Releasing Procrastination
www.gwen.ca



Self Care CDs/MP3s

Hypnosis for Weight Loss, Quit Smoking, Sleep, Stress, Intuition, Anxiety, Anger, Depression, Abundance, Self-Esteem, Relationship Series (10 Titles)
~ Over 50 Titles Available!

Hypnosis CDs Available At:

Vancouver	Odin Books
Kelowna	Banyan Books & Sound
Kamloops	Mandala Books
Revelstoke	Bookland
Chilliwack	Grizzly Books & Serendipity
Pentiction	Amethyst Books
Naramata	Hooked on Books
Victoria	Mustard Seed Bookstore
Salt Spring Is.	Avalon Books
Calgary	Salt Spring Books
Edmonton	Community Natural Foods
	Ascendant Books

Contact us for a free brochure. Wholesale available.
Toll Free **1-888-242-4936** www.gwen.ca

They Laughed

150 YEARS AGO, they would have thought you were absurd if you advocated for the end of slavery. 100 years ago, they would have laughed at you for suggesting that women should have the right to vote. 50 years ago, they would object to the idea of African Americans receiving equal rights under the law. 25 years ago they would have called you a pervert if you advocated for gay rights. They laugh at us now for suggesting that animal slavery be ended. Some day they won't be laughing.

— Gary Smith

Are you
TIRED?
Are you
STRESSED?

Two natural products that
work hand-in-hand to
increase energy, relaxation
and your overall health.

Take the Rhoziva
FREE
6 Day Challenge
Call 250-868-9972



Rhoziva
THE SCIENCE OF LIFE
rhoziva.com



BIOFREQUENCYCONSULTING

an alternative health revolution

www.biofrequencyconsulting.com

Call: 250-868-9972



For 20 years we've been telling you how good it is.
(Or is it the other way around?)

After 20 years, **greens+** remains the number one selling Green Food in Canada. Why? **greens+** is the only Green Food that is research-proven time and time again. **greens+** improves long-term energy levels, boosts antioxidant activity, balances pH, and promotes healthy bones. What kind of 'health fad' lasts this long? The kind that works.

Visit us at genuinehealth.com |    



1992

2012